

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 4 JULY - AUGUST 2018



# PARADISE

## A STEP BACK IN TIME

Historic PNG photos  
by Frank Hurley

### ON THE EDGE

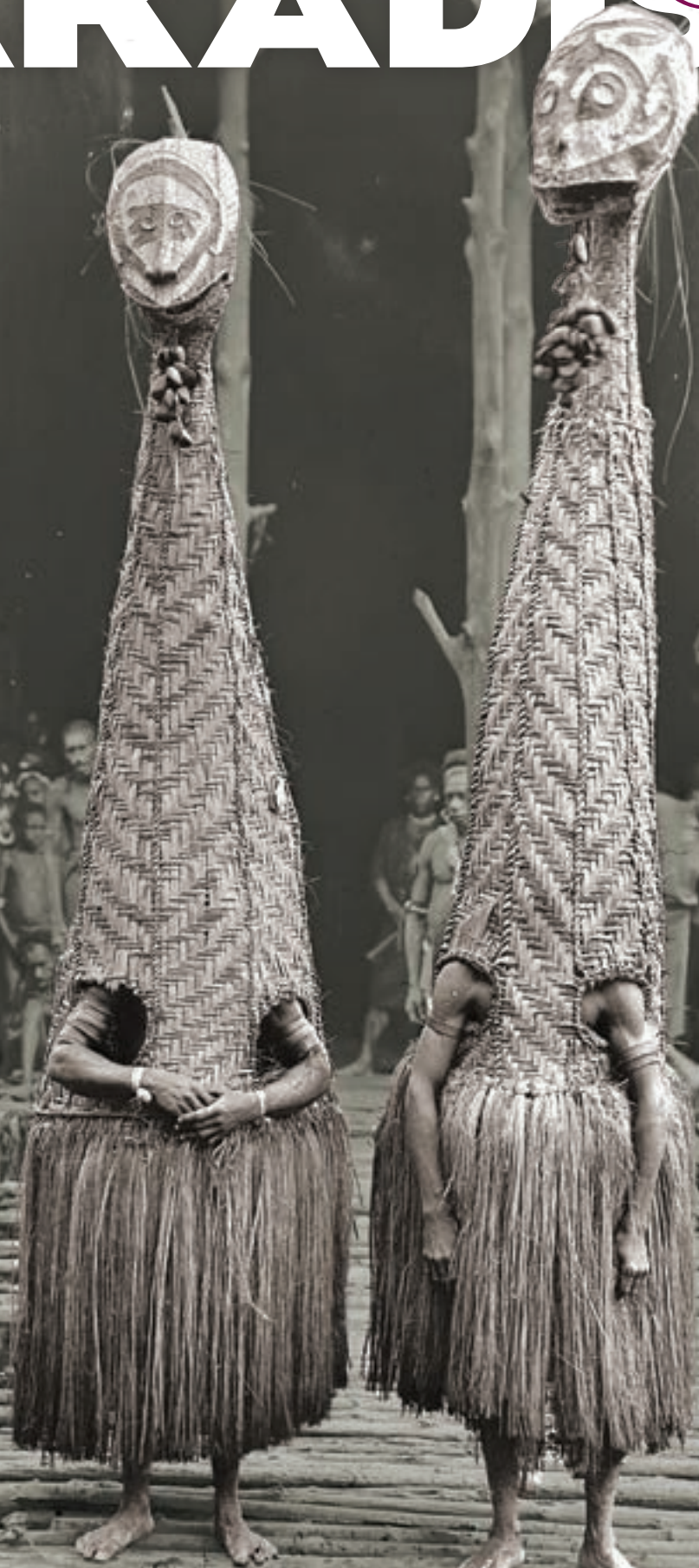
A getaway to a remote  
PNG atoll

### FLYING HIGH

Our review of the  
world's best airport

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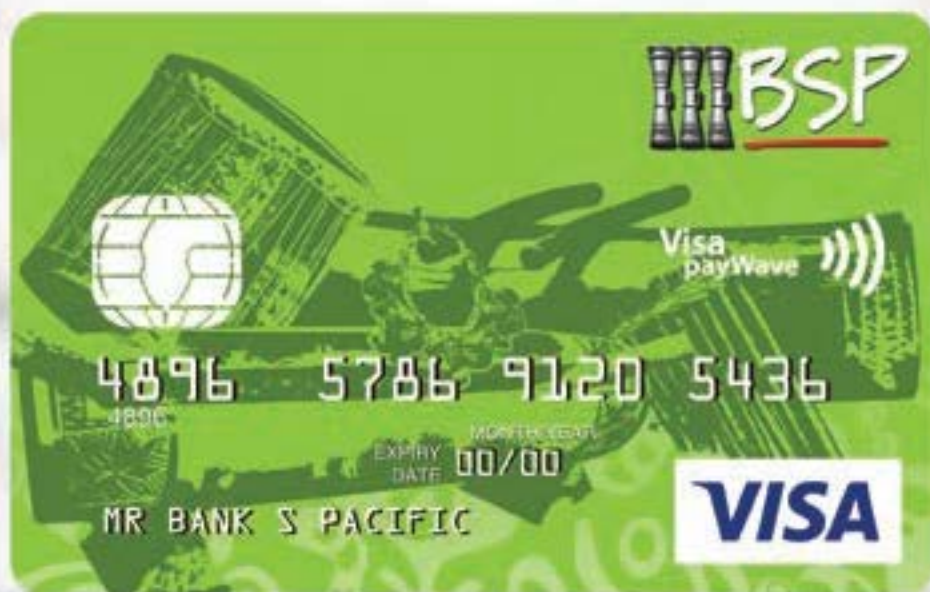
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# IN PARADISE

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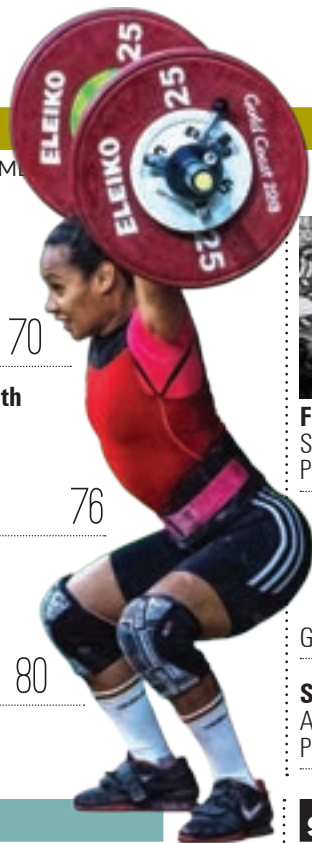
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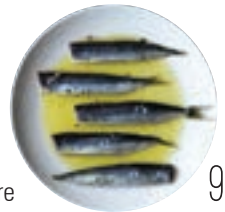
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Cover photo: Masked dancers in Gulf Province, taken by Frank Hurley early last century and reproduced with permission from the Australian Museum. See page 70 for story and more photos.



# PARADISE



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# Message from the Chairman

## Welcome aboard



A shortage of airline pilots has created a challenging time for the commercial airline industry in our region, and beyond. The rapid growth of air travel and services in the region has resulted in competition for pilots at record levels. During the first quarter of 2018, Air Niugini experienced disruption to domestic and regional services because of the shortage.

We could not avoid the initial impact, and we have apologised to our valued passengers for delays to services, and cancellations that were unforeseen and unavoidable. But I am proud of what our management team, and many staff, have done since to fix the situation.

The results became evident in May with record on-time performance (OTP) levels across our domestic, regional and international services. We have adjusted schedules, and embarked on an urgent recruitment and training program, and the outcome, in a very short period, has been exceptional.

The average OTP for May was 91 per cent – the highest in our history – and higher than all airlines in Australia and New Zealand and the Pacific region. The challenge now is to maintain such an outstanding achievement – and it is a challenge I believe our team can deliver.

Our Fokker 70 fleet is providing the best possible service for our mainline domestic and regional passengers.

The subsidiary airline, Link PNG, continues to provide vital air services to the more remote, distant, and smaller communities across our nation. Despite the prevailing economic difficulties, the demand for the services provided by Link PNG has continued to grow.

Again, this response from the travelling public confirms that Link PNG is meeting a vital need, and is the only airline providing comprehensive services for our people, and businesses, living and operating in remote and distant communities.

To meet the public demand, an additional Dash 8 has been commissioned, bringing the airline's Dash 8 fleet to eight.

As you, our readers, are no doubt aware, one of our highest priorities has been the development of Jacksons International Airport in our national capital as a major hub for the region – linking the Pacific Island countries, and North Queensland, with the rapidly growing Asian economies and APEC member nations.

We are exploring a range of new services, as well as upgrading existing services, to maximise the opportunities our modern, passenger-friendly international airport is providing.

History will be made in September when we commence regular twice-weekly air services to Shanghai, China. This service will strengthen our vital links with the world's fastest-growing economy, and will lead into Papua New Guinea hosting the APEC Leaders' Summit in November. We are also carefully developing and varying our air services in our immediate region.

Starting on September 1, our twice-weekly Naria service will connect Chuuk in the Federated States of Micronesia (FSM) in both directions.

This will take advantage of the growing interest in diving and other tourism and adventure opportunities in FSM, a demand we have seen grow from Japanese and Australian travellers, in particular. It will now be easier for travellers to experience the attractions of Japan, FSM and PNG in the one trip.

Our next new destination in the Pacific will be Majuro, the capital of the Republic of Marshall Islands – scheduled to also start in September. We are proud of the contribution Air Niugini makes to the development of tourism, and the promotion of our rich and diverse culture.

We are offering special packages for the following annual cultural events in July and August:

- The Mask Festival in Kokopo, East New Britain Province, July 11–14. A four-day extravaganza of cultural dances, ritual performances, story telling and exchange with a huge variety of arts and crafts.

- The Sepik Crocodile Festival in Mewak, East Sepik Province, August 5–7. A special festival celebrating PNG's famous tribal heartlands and the significance of the revered crocodile.

Meanwhile, Air Niugini has hosted the second Air Niugini Kokoda Cup match in Port Moresby between the SP PNG Hunters and the Townsville Blackhawks (see story, page 10).

It is planned to have next year's match in Townsville, which has a large PNG community. Staging the match there will also give PNG-based fans the opportunity to travel to Townsville for the weekend to celebrate the Kokoda Cup challenge.

Enjoy your flight – and we look forward to welcoming you again soon.

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







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# New flights link Japan, Micronesia and PNG

**A**ir Niugini will start direct air services between Narita, Japan and Chuuk, in the Federated States of Micronesia (FSM), from September 1.

The air services agreement to formalize the arrangement was signed between the prime ministers of Japan, FSM and Papua New Guinea during the Pacific Alliance Leaders Meeting (PALM) in Japan in May.

The agreement gives Air Niugini the authority to carry passengers between Narita and Chuuk on the way to and from Port Moresby.

Air Niugini is now able to operate from Narita to Chuuk twice weekly. The existing weekly scheduled service Port Moresby/Chuuk/Pohnpei also remains, but from September 1 operates on Thursdays and will return on Fridays.

“

It cements Air Niugini's position as a carrier of choice connecting Asia with the Pacific Island nations.

”

Air Niugini's acting chief executive officer, Tahawar Durrani, says that since the weekly Port Moresby/Chuuk/Pohnpei service was introduced 18 months ago, there has been an increase in Japanese and Australian tourists, including divers, as well as business travellers.

He says that a market analysis confirmed that further growth on the Japan route could be achieved by including a stopover at FSM.

The expansion to include Japan is an opportunity for PNG and FSM to be marketed to divers and other visitors, not only from



**Micronesia ... passengers disembark an Air Niugini Boeing 737 at Chuuk.**

Japan but also from North America and Europe.

It cements Air Niugini's position as a carrier of choice connecting Asia with the Pacific Island nations.

“Together with the existing Pohnpei/Chuuk/Port Moresby service, we will continue to provide convenient connections through Port Moresby for business and tourist travellers to various Air Niugini destinations in Papua New Guinea, South-East Asia, the Pacific Islands and Australia, further enhancing Port Moresby as a gateway hub in the region,” Durrani says.

“There is a huge tourism potential to PNG, FSM and the Pacific. The Japan/PNG route has been operating twice weekly for some time, and by combining two great Pacific destinations, and working closely with the business communities and the tourism sector in PNG, FSM and Japan, we are hopeful this initiative will create the platform for services to be further expanded.”

The FSM president, Peter Christian, acknowledged Air Niugini and the government of PNG for providing the needed airline service between FSM and PNG and has assured his government's continued support.

“The reception in FSM has been very positive since Air Niugini started services last year,” he says. “It has made travel easier for tourists, divers, fishermen and also the local people to travel between Chuuk and Pohnpei, as well as FSM and other parts of Asia, Australia and the Pacific via Port Moresby. We look forward to this direct Japan flight.” ■

## AIR NIUGINI HOSTS KOKODA CUP MATCH

**A**ir Niugini has hosted the second annual Air Niugini Kokoda Cup rugby league match at Port Moresby's National Football Stadium, played between Queensland Intrust Super Cup teams the SP PNG Hunters and Townsville Blackhawks.

Former Kumuls player and Air Niugini staff member, Richard Wagambie, accompanied by airline cabin crew, carried the cup onto the field.

Wagambie played with Paga Panthers, Tarangau and the Carpentras rugby league club in France, as well as eight Test matches with the Kumuls. The Tests included tours to New Zealand, England, France and Australia. Wagambie's involvement in rugby league spans 35 years as a player, administrator and coach.

Officiating at a brief ceremony before the game, Air Niugini's deputy chairman, Andrew Nui, said the Kokoda Cup honours the battle of Kokoda, as well as marks the second anniversary of Air Niugini's direct flights between Port Moresby and Townsville, home base for the Townsville Blackhawks.

PNGRFL chairman, Sandis Tsaka, thanked Air Niugini for its support of the SP PNG Hunters, as well as rugby league in general.

The Hunters retained the cup after defeating Townsville Blackhawks, 12–8. ■



**Kokoda Cup ... Air Niugini's deputy chairman Andrew Nui (right) and PNGRFL chairman Sandis Tsaka (left) present the cup to Hunters acting captain Wartovo Puara.**

PICTURE: ALIMANZO MATBOB







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# New Dash 8 for Link PNG

Link PNG, a subsidiary company of Air Niugini, recently took delivery of another Dash 8 aircraft.

General manager, Bruce Alabaster, said the 50-seat plane brings the total Link PNG fleet to eight Dash 8 aircraft, comprising five Dash-8-315s with 50 seats and three Dash-8-202s with 36 seats.

He said the new aircraft is fitted with long-range fuel tanks and would be used on flights over some of the airline's longer sectors.

There are now three aircraft in the fleet with long-range capability.

"All Link PNG's flights are operated by our Dash 8 aircraft," Alabaster says. "We believe



**New arrival ... Link PNG general manager Bruce Alabaster (fourth from left) and his management team with the latest Dash 8.**

these are ideally suited to operations in PNG, with the flexibility between the larger 50-seat model, and the 36-seat Dash 8, which is ideal for the smaller airports and for carrying extra cargo."

Link PNG operates flights to 14 airports in PNG.

Meanwhile, Link PNG has reported a profit for 2017 after tax and abnormals of PGK15.1 million. This builds on a PGK9.1 million profit delivered in 2016, and a total profit over PGK28 million since the airline started operations on November 1, 2014.

The chairman of Link PNG and Air Niugini, Sir Frederick Reiher, congratulated Link PNG management and staff on the "great outcome" in a difficult economic environment.

He said when Link PNG was established, it was thought the new airline may initially require financial support from its parent company.

"However, it has been very pleasing to see that Link PNG has actually been profitable from day one." He said this had allowed Link PNG to invest in additional routes and aircraft. ■



**Thumbs up ... Air Niugini captains, and brothers, John (left) and Maurice.**

## Brothers at the controls

It is rare to see siblings working together, let alone flying a commercial aircraft together. But that's exactly what Air Niugini pilots John and Maurice Rondeau did recently when they flew between Port Moresby and Hong Kong.

The brothers, from the Barok area of Namatanai, New Ireland Province, are both captains on Air Niugini's Boeing 767 fleet.

Maurice, the younger, is a training captain on Boeing 767s, responsible for training pilots to fly the big aircraft, while John has recently been promoted from the B737 to the B767.

"Yes, we are brothers, and also colleagues," Maurice says. "We always maintain professionalism when flying together, as we do with other pilots."

John has worked with Air Niugini for almost 23 years, while Maurice has been with the airline for 18 years.

So far, they have operated three flights together, initially to Narita airport, Japan four years ago, followed by another to Brisbane, Australia, and the recent flight from Port Moresby to Hong Kong and back.

They are not the only sibling pilots with Air Niugini.

The others include Lawrence Koyama (B767) and Hillary Koyama (Fokker), Barry Casupang (Fokker) and Andrew Casupang (Dash 8), Rhoda Ilave (Fokker) and Steven Ilave (Dash 8), and Elijah Kiromat (Fokker) and Patrick Kiromat (Fokker). ■

## Hundreds greet cardinal

Hundreds of Catholic faithful gathered at Jacksons International Airport recently to welcome the Vatican's secretary of state, Cardinal Pietro Parolin. Among them was Air Niugini chairman Sir Frederick Reiher (left) and acting chief executive officer,

Tahawar Durrani (right). They're pictured with PNG Cardinal Sir John Ribat, Cardinal Parolin, and Archbishop Kurian Mathew Vayalunkal. Cardinal Parolin arrived on an Air Niugini flight from Singapore to attend the Federation of the Catholic Bishops Conference Oceania. ■







## Investing in sustainable health

We are committed to improving the health and well-being of Papua New Guineans through community health programs and partnerships.

We have invested 10.6 million kina since 2014 in a unique partnership with Texas Children's Hospital, Baylor College of Medicine, University of PNG School of Medicine and Health Sciences, National Department of Health and the Port Moresby General Hospital, that is improving paediatric, maternal and public health capacity in Papua New Guinea.

Almost 700 medicine and health science undergraduate students and 42 doctors and nurses at the Port Moresby General Hospital have received training and mentoring from international doctors to improve overall patient care.

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## PARADISE Q&A DANIEL WANMA

When he's not in the cockpit of a Boeing 767, this Air Niugini captain likes to fire guns. At the 2018 Commonwealth Games in Australia, he competed in trap shooting with a double-barrel shotgun that he has nicknamed *Papuan Black*.

**Q: How did you go at the Commonwealth Games on the Gold Coast?**

A: Reasonably well, given I only started this discipline about two years ago. (Wanma was 16th of 40 in his qualification round.)

**Q: Was it your first big event?**

A: I have previously attended two World Cup tournaments, in Cyprus and San Marino, and won a bronze medal in double trap at the 2015 Oceania Championship in Sydney.

**Q: How did you get into trap shooting?**

A: At the Pacific Games hosted by PNG in 2015, the National Shooting Association president, Mel Donald, sought interested shooters to try clay target. I did reasonably well in selection and then did OK at the Games, finishing in the top 10.

**Q: Is there much of a following for it in PNG?**

A: Not presently. However, in the years around PNG's independence (1975) the

sport was popular and there were several clubs around the country. During Commonwealth Games training at the Gold Coast Clay Target Club, I met PNG's 1974 World Cup representative in the sport, Lyndon Anderson. He gave me one of his 1974 Lae Gun Club badges, which I wore during the Commonwealth Games for good luck.

**Q: Can you briefly describe what trap shooting involves, and tell us about the key skills needed?**

A: It involves shooting a clay disc, the size of an adult fist, thrown out from a trap-house bunker at 100kmh. The release of the clay is triggered by the shooter calling 'pull'. Each shooting lane has computer-controlled trap machines, which decide the direction, elevation and angle the target will be launched. At the end of each round, the computer would have presented exactly



PICTURE: PNG OLYMPIC COMMITTEE

the same pattern of angles, height and direction to each shooter, but in jumbled sequence. Essentially, the shooter has no idea which way the clay will exit the trap house until it becomes visible in flight. It's a mental sport, requiring a lot of mind control.

**Q: Is it hard to juggle your time between trap shooting and Air Niugini?**

A: At times it is, but our rostering team has been top notch, accommodating most of my competition schedule. There is also a lot of time spent pre-planning, including foreign firearm licensing formalities, to ensure my Perazzi MX200 double-barrel shotgun – nicknamed *Papuan Black* after the venomous snake – accompanies me around the world.

**Q: What is your ambition in the sport?**

A: I want to qualify for the 2020 Olympic Games.

**Q: When did you join Air Niugini and what's your work history there?**

A: I joined more than 23 years ago. I started as a pilot and worked up the ranks to general manager of flight operations, followed by chief operations officer (COO). As COO, under board instructions, I led an executive project team to create Link PNG, consisting of a Dash 8 fleet servicing the smaller airports and resource sector in PNG. I was appointed the inaugural chief executive officer of Link PNG in 2015

**Q: What's your current role with the airline?**

A: I have taken a sabbatical from management and returned to flying our large *Bird of Paradise* Boeing 767 on the international network, to free up time towards studying for an MBA. ■

**PNG at the Commonwealth Games, in pictures, see page 76.**





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# NEW HOTEL IN KIUNGA

PICTURES: DOMINIC KRAU



**Crowd pleaser ... there was a big attendance for the opening of the Cassowary Hotel (above); cultural performances were part of the day (inset).**

**A** new 38-room hotel has opened in Kiunga, in Western Province. The PGK34 million Cassowary Hotel is being managed by the Coral Seas Hotel group, which already operates a string of successful hotels and apartments across Papua New Guinea, including the Grand Papua and Gateway hotels in Port Moresby.

The Cassowary Hotel has a restaurant, bar, pizzeria and two conference rooms. Standard rooms start at PGK550 and suites at PGK700. The restaurant menu includes light meals (club sandwich PGK38), main meals (crispy pork belly PGK62) and desserts (Queen Emma chocolate brownie PGK20). There's also a comprehensive breakfast menu.

The hotel has been constructed by the Ok Tedi Development Foundation (OTDF), on behalf of eight community trusts. OTDF is a not-for-profit foundation that aims to improve the quality of life for people in Western Province, where the Ok Tedi Mine is located. The hotel is one of eight projects delivered by OTDF, with others including real estate and shipping.

The investments in the projects generate annual returns for the trusts. About PGK100,000 has been generated so far. The money will be released to the 158,000 people in the communities after the closure of the Ok Tedi mine, which is anticipated to continue beyond 2025. OTDF chief executive officer, Ian Middleton, says the hotel will set a new standard in the hospitality and business-travel market in the province. "Hopefully we see more businesses coming into Kiunga town. We know Kiunga is a growing town. We hope to see more business activity." Middleton is also optimistic that the new hotel will give eco-tourism a boost in the province, as well as providing local jobs. ■ **See [coralseahotels.com.pg](http://coralseahotels.com.pg).**

# World's longest bridge set to open

**T**he world's longest sea bridge, linking Hong Kong and Macau, is scheduled to open during July. The Hong Kong–Zhuhai–Macau bridge and underwater tunnel system is 55 kilometres long, or 20 times the length of San Francisco's Golden Gate Bridge.



**Sea link ... the long and winding bridge between Hong Kong and Macau.**

It will reduce travel time between Hong Kong and Macau from up to four hours to as little as an hour, or less, according to official projections. The link was conceived by Hong Kong tycoon Gordon Wu Ying-sheung in 1983, and quickly became the most confronting project engineers had faced. The resulting Y-shaped span has taken eight years to accomplish at a cost of more than \$US17 billion. It is built to withstand a magnitude eight earthquake, a super typhoon and being struck by a cargo vessel weighing 300,000 tonnes. The sea bridge runs west from an artificial island near Hong

Kong International Airport to another artificial island off the eastern shore of Macau, as well as the Pearl River Delta metropolis of Zhuhai. "The bridge will act like a ring road for the Pearl River Delta area," says Yu Lie, the deputy director of Hong Kong–Zhuhai–Macau Bridge Authority. "It will

not only speed up transport, it will also help spread Hong Kong's development to the cities on the mainland side." ■ – BRONWEN GORA

**Air Niugini flies from Port Moresby to Hong Kong three times weekly. See [airniugini.com.pg](http://airniugini.com.pg).**

## NUMBER CRUNCH

**2.1** million people visited the Pacific by air in 2017, an increase of 65,004 on the previous year, according to the latest figures from the South Pacific Tourism Organisation. The tourists generated earnings of \$US3.6 billion, with most coming from Australia and New Zealand, followed by the US.







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# Sitting pretty on day dreamer's island



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**H**ear the words 'private' and 'island' and usually they're being spoken by someone with a far healthier bank account than yours. However, a new day club in Fiji now offers a slice of island paradise for around \$US100 per day. Malamala Beach Club is the country's first island beach club, set in the Mamanuca Islands off Fiji's western coast, a 25-minute boat ride from the tourism hub of Port Denarau.

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# BIG PICTURE

PHOTOGRAPHER: MICAH TROSTLE

This photo of Uwe village in Oro Province was taken from a drone controlled by the photographer inside the central hut, below. People have gathered around the hut, curious to see their village from the air for the first time.



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







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## On the OUTER EDGE

*John Brooksbank* travels to a remote atoll for a family reunion in the far-northern reaches of PNG.

**D**ays often start with golden sunrises and end with blood-red sunsets that silhouette the coconut palms along the narrow crescent-shaped islands that make up the Tilianu Atoll, south of Manus Island.

A dinghy sits on the water outside the family home, alternately stretching its front and rear mooring ropes as we fall asleep to the sound of the sea lapping the shoreline.

We're in Tilianu village, without telecommunications, electricity or running water.

The coral-encrusted Tilianu Lagoon is a natural aquarium, with many colourful fish visible from our overwater veranda, or while snorkelling in the shallow water.

There are small groups of juvenile wrasse, parrotfish, damselfish, cheeky diamond-scale mullets, plus the odd sea cucumber meandering through the sea grass. We occasionally see two small black-tipped reef sharks, patrolling up and down.

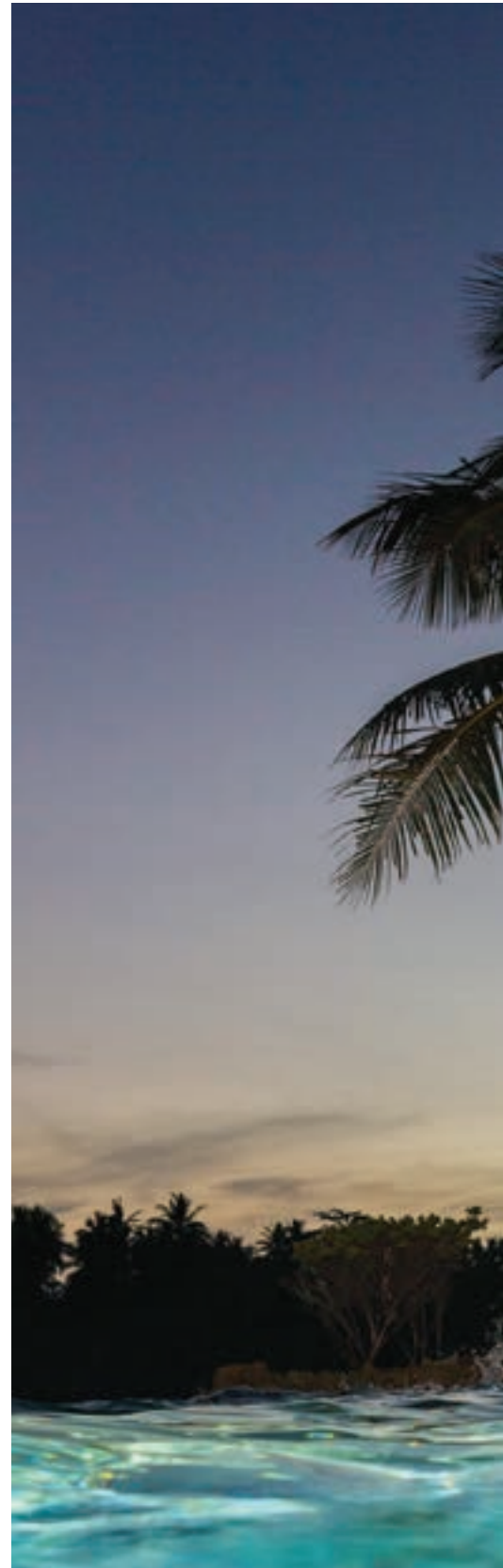
Some children claim to have seen a crocodile near the point closest to the lagoon's entry passage, but not everyone believes this.

The reason for the abundance of sea life is that the dozen families on the island have agreed that there will be no fishing in the lagoon and no collection of birds' eggs from its bordering islands. This admirable local environmental protection agreement has apparently already started to pay dividends, with more fish being caught around nearby reefs and islands.

The widest point of the main island of Tilianu is no more than 300 metres across, but there is a fresh-water lens that villagers can access when rainwater tanks run low.

Apart from metal roofs, most houses have solar lights and every household owns a dinghy, essential for fishing and transport. ▶

**A tropical silhouette ... sunrises and sunsets accentuate coconut palms on the atolls and islands of Manus Province.**







PICTURE: JOEL COLEMAN



On the outer edge

It's school holidays, so there are many children spending the break at home on the island. This is great – no shortage of willing hands for whatever task is being undertaken – if you can get them out of the water!

Overhanging branches of ancient calophyllum trees along the shore provide ideal diving platforms, and battered driftwood logs that come in on the tide are perfect makeshift canoes to play on.

In various directions, other islands can be seen dotting the horizon, including Rambutso, Lou, Sivisa and Baluan. Visits to *wantoks* (clan relatives) and *tambus* (in-laws) in villages on these islands provide an opportunity to trawl for mackerel, wahoo and tuna. Flying fish also abound and we see a pod of frolicking dolphins.

One day we visit M'Bundrou Island, just north of Rambutso Island, where the locals have built three basic but quaint beachside cabins. They're available for just PGK50 per night for intrepid travellers, including the use of a Rotary-donated waterless, self-composting toilet. This is sheer luxury in this part of the world.

This beachside locale is well organised. Villagers can provide meals and use their large dinghy to transport guests from the Momote Airport or to local surfing and snorkelling spots.

Periodically, we watch dark clouds and sheeting rain slowly roll across the lagoon. The rain tops up the water tanks, while also cooling temperatures a bit. Most of the time, however, it is hot, not surprising because Manus



Calm by sea ... village houses on the shore of Tilianu Lagoon (top); one of the guest houses at M'Bundrou (below); boys in Mouklen village, Rambutso (opposite page).

PICTURES: JOHN BROOKSBANK



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On the outer edge



Province is only about two degrees below the equator.

Remembering that this is a village, not a resort, activities of the residents revolve around food. There are fish to be caught and smoked, along with birds' eggs, firewood and coconuts to be collected on an almost daily basis.

The hardy coconut palm provides timber for construction, firewood, fronds for baskets and brooms, and of course nuts. After husking on a sharpened stake – a skill that takes a while to acquire, I assure you – the nuts are split with a bush knife before being grated. The coconut meat is squeezed, kneaded and filtered to produce a milky solution that's boiled down over many hours to produce concentrated oil, for domestic use or sale.

Nothing is wasted – the dried coconut meal is fed to the pigs and the nuts burn with an intense heat.

Apart from fishing, locals fill their days visiting neighbouring islands and villages by dinghy, and perhaps assisting in tasks such as killing a pig for a special occasion.

In Mouklen village, on nearby Rambutso Island, family pig pens are lined up along a shoreline facing west, so all the porkers get to enjoy glorious sunsets.

Traditionally, villagers would have traded with neighbouring islands and been self-sufficient.

Nowadays, dinghies with outboard motors have replaced sailing canoes, school fees need to be paid and other small luxuries, such as solar lighting and rainwater tanks, dictate that some cash income must be earned. ➤

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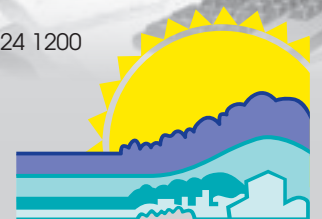
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On the outer edge

Since the demise of the copra industry in the 1970s and current extremely low prices, this once important rural activity has been replaced by small-scale family production of coconut oil, smoked fish and *kambang*, or

“

The locals have built three basic but quaint beachside cabins. They're available for just PGK50 per night for intrepid travellers.

”

lime, for chewing with betel nut. These items are light and easily transported for sale in Lorengau, the major town in the province, and other markets in the area.

Despite this rural micro-economy, many villages in Manus and other island provinces – such as Milne Bay – are still dependent on the remittances from their most important exports – educated individuals who regularly send funds home, pay school fees and similar.

It's holiday time, so there is lots to do, such as inter-clan sports matches to be played, traditional dancing to practise and church services to attend.

As a marine province of many islands, Manus also offers opportunities for snorkelling, diving and fishing in the reef-



**Kid stuff ... youngsters dressed for a sports event at Mouklen village.**

studded areas, and deep-sea fishing elsewhere.

The main island of Manus has a range of hotel accommodation,

from the Harbourside and Seeadler Bay, to a raft of smaller lodges like Kingfisher, Lorengau and Tharapiyap. ➤

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On the outer edge

They are supplemented by guest houses, some on nearby islands such as Andra, Pitiliu, Lukini and Palangowou. Many of these accommodation providers can arrange kayaking, diving, snorkelling, village home stays or day trips to local caves, waterfalls, and even surfing locations.

The best way to achieve flexibility to travel around the province is with a boat and guide. This can usually be arranged informally by talking to the locals.

All too soon it is time for us to leave – family ties have been reinforced, village houses painted and the next generation of children, many of who live in other parts of the country, have been introduced to their home cultures.



PICTURE: JOEL COLEMAN

Picture perfect ... a blood-red sunset in Manus.

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On the outer edge



When we depart, we leave clothes and possessions behind to support those who remain in the village.

For weeks we have been living in the village and blissfully unaware of what's been occurring elsewhere in PNG, or the world.

Amazingly, on this last day we wake on Tilianu Island, travel in the dinghy to Momote airport and, thanks to Air Niugini, take the daily flight from there to Port Moresby. Village life on the islands of Manus is so far away in many ways, yet still so close. ■



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Air Niugini travels from Port Moresby to Manus Island daily. See [airniugini.com.pg](http://airniugini.com.pg).

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PICTURES: COURTESY OF BENEDICT ALLEN



“  
I was the first outsider to see them (the Yaifo people of East Sepik) and they did this dance to greet me – armed with bows and arrows if I caused trouble.  
”

Benedict Allen ... has been rated as one of the top 10 British explorers of all time.





# A born adventurer

Benedict Allen has dog sledded in the Arctic, been attacked by goldminers in the Amazon and struck down by malaria in the jungle. *Richard Andrews* meets the adventurer, who has a special affection for PNG.

**T**he London *Daily Telegraph* has rated him one of the top 10 British explorers of all time, in a list that includes Livingstone, Shackleton, Stanley and Burton.

From Siberia to the Gibson Desert, the writer, documentary maker and conservationist is celebrated (mostly) for his daring independent journeys to remote regions.

Benedict Allen is also known for a talent to engage with indigenous people, who he credits for his survival in many countries. In particular, he counts treks through PNG, dating back 35 years, among his most memorable and life-changing experiences.

Certainly, the boy from Shepherd's Bush was born to a life of exploration.

"My dad was a test pilot flying Vulcan bombers and since the age of 10 I wished I could be an adventurer like him," he says.

Allen established his reputation describing various lone journeys during the 1980s across the least explored regions of the Amazon, PNG, West Papua and Sumatra.

Later journeys included a crossing of south-west Africa's Namib Desert with three reluctant camels. Local nomads taught him how to survive with little food or water for the 14-week odyssey.

Allen spent almost six months exploring the Siberian drylands by horse and camel. He also travelled 4000 kilometres through the frozen Arctic by dog sled, visiting the Chukchi and Inuit people.

However, the original path that took him to PNG was perhaps more tortuous.

In 1983, Allen crossed the widest part of the Amazon Basin by foot and dugout canoe, earning the affectionate nickname Mad White Giant from villagers he met during the five-month journey.

But not everyone was friendly.

"I came across some goldminers who attacked me in the night. I was only 22, naive and very scared," he says.

The attack left Allen without food or possessions and he ended up lost in the rainforest, accompanied only by a dog he'd found along the way.

"As we walked we got steadily weaker and after about three weeks, I was starving to death; I had malaria and I was delirious."

Allen was forced to eat the dog to survive. But when the story got out, he was condemned back home by a national newspaper and received a sack full of hate mail from animal lovers.

"Almost unbelievably, two RSPCA inspectors came to visit me in Hampshire after the journey, to inquire about the welfare of our family pet dogs," he says.

Allen's response was to visit PNG.

"I had to make sense of it all. I barely survived the Amazon and had to come to terms with why I hadn't died," he says.

"I wanted to find a new place where I could live in the forest with indigenous peoples and learn survival skills."

Ending up in East Sepik Province, Allen made contact with the Yaifo and wrote about his experiences in a book called *The Proving Grounds*.

"I was the first outsider to see them and they did this dance to greet me – armed with bows and arrows if I caused trouble. ➤



A born adventurer

Which is fair enough, I should say. “After the wary welcome, the people were very friendly and kind,” says Allen. “A guide named Korsai helped me cross the rugged Central Range.”

The East Sepik visit left Allen scarred for life. Literally. At Kandengei village he became one of only two or three known outsiders to undergo the Sepik male initiation to be made “as strong as a crocodile”.

The ceremony involves cutting the back and chest with bamboo blades, leaving large scars that resemble the animal’s skin. Allen

also endured beatings each day for six weeks, along with fellow initiates.

If initiates die from shock or infection during the painful process, it’s regarded as punishment by the spirits for not following the sacred rules.

Why would anyone do it?

“I wanted to understand the world from the point of view of

people who knew the place,” he says.

“The invitation to take part in something so important to the community was a huge privilege and I learned so much – about the local culture, but also about myself.”

Through these experiences, the lure of the country became strong. Too strong in some ways. ➤



First contact ... Benedict Allen with the Yaifo in 1982 (right); a Yaifo warrior (far right).

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A born adventurer

“I returned to PNG a year or two later, to extend my knowledge of the Sepik but found myself getting more and more immersed,” says Allen. “I decided I must leave for good. I felt that one day I’d never belong back in my world.”

It was only in 2016, 35 years later, that Allen returned to PNG, following a chance meeting with Frank Gardner, the BBC security correspondent left paralysed from the waist down by a terrorist attack in Saudi Arabia (featured in *Paradise* last year).

Hearing of Gardner’s unfulfilled childhood dream to see a bird of paradise in the wild, Allen agreed to help.

They embarked on an epic journey that took them to the Chambri Lakes region in East Sepik Province and Madang’s remote Hansemann Mountains.

Most of the terrain was too rugged for wheelchair access, so a local carpenter built a wood and rattan chair with poles.

Gardner was then carried in relays by hired locals as the party passed through the territory of

different clans. For Allen, the trip was also a nostalgic return to Kandengei, the site of his crocodile man initiation.

“I remembered what a beautiful and extraordinary country it is, so full of wonders,” he says. “It woke a sense of excitement in me. I decided to return, check up on the Yaifo – the highland people who had been so kind to me, three decades before.”

As a former trustee of Britain’s famed Royal Geographical Society, Allen has been compared with previous members such as Dr David Livingstone or Sir Henry Morton Stanley.

However, Allen rejects the comparison with the 19th century explorers.

“I don’t have any of that Victorian sense of certainty in my culture and religion. I want to listen and learn, no more than that. I’m not trying to impose my beliefs.

“I don’t take a GPS and various modern-day gadgets with me. Digital technology limits your ability to ‘immerse yourself’. I’ve had years of experience in rain forests,

but I want to be able to look the locals in the eye and show that I regard *them* as the experts.”

Allen’s unorthodox approach made him the centre of media criticism during last year’s solo trip to PNG.

After missing his flight home from Port Moresby, Allen was reported lost and the newspapers responded “with glee”, launching a search.

“There was a lot of media nonsense about the trip,” says Allen. “I was never ‘lost’ and nor was I looking for a so-called ‘Lost Tribe’. I was just checking up on people who I really cared about and had been so kind to me as a young man.”

Trekking for 10 days, Allen managed to reach the Yaifo again and found they were “living well on their land”.

“They had decided to stay one step removed from the outside world, particularly the giant gold mine at Porgera,” he says. “Best of all I found Korsai.

We gave each other a big hug. We were so happy to meet again after 35 years and the whole

community decided to celebrate with a feast.”

Having crossed the Central Range, Allen found his exit to the outside world blocked by an outbreak of violence between two clans ahead. Tired and feverish with malaria, he changed course to an old mission station, where he was later picked up.

And what did Mrs Allen think about the adventure?

“I was told, ‘get some flowers and have them ready for when you get home!’ To be honest, I was expecting Lenka to whack me over the head with them – but she was not angry, just concerned.

“She knows I need to push myself, she knows I love the people of Papua New Guinea and needed to see the place again – a truly remarkable place that had meant so much to me as a young man.”

Nevertheless, Allen, 58, intends to curb his future expeditions. “I’ve now got three children and that’s rewarding as well. In some ways, the biggest adventure of all.” ■

**See [benedictallen.com](http://benedictallen.com).**



Going with the flow ... Benedict Allen and Frank Gardner in PNG







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# 10 GREAT BREAKS

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combines uninhabited islands, pristine water and myriad fish species, with verdant jungle and genuine Melanesian hospitality provided by families on the islands. Guests will make use of a large traditional hut, which has a kitchen, dining room and common room, and can choose to sleep in an over-water couples' bungalow or a private bedroom in the main house. When

not swimming, snorkelling and surfing, guests will partake in two island day trips, a traditional tool and weapon workshop, a village tour and a send-off with traditional feasting and performances. There's also a *keu* (mudshell) collecting excursion. Tours depart year-round.

**See [gotours.com.au](http://gotours.com.au).** ➤





10 great breaks



**2 CRUISE PNG**

The wild and rugged scenery of Papua New Guinea's north-east coastline is considered one of the world's last frontiers. Coral Expeditions' (coralexpeditions.com) 12-night Madang to Cairns cruise gets in-depth with this area's intriguing history and traditional

culture, while taking in the rare natural environment of colourful coral atolls, volcanic mountains, wild rivers and pristine wilderness areas. Guests on the *Coral Discoverer*, a small shallow draught vessel catering to 72 passengers, will disembark at the Sepik River to visit a local market known for its facemasks and carvings, Bagabag Island to snorkel or dive,

and Maclaren Harbour where local outriggers will guide guests on an exploration of the Tufi Fjord. In the anchorage of Dregerhafen, guests will encounter many World War 2 artefacts and learn of PNG's military history and role in the war. The trip departs on November 5, 2018, and November 12, 2019.

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10 great breaks



**3 BY THE POOL  
BALI**

Poolside lounging is becoming something of an art form in Bali, where independent beach clubs are vying for the decadent sit-back-and-relax hotel crowd. The latest is ARTOTEL Beach Club ([artotelbeachclub.com](http://artotelbeachclub.com)) in Sanur. This 7000 square-metre beachfront oasis

features a signature giant Robinson Crusoe-style bamboo treehouse built around a century-old banyan tree and with absolute beachfront views. Guests can choose from palm-shaded cabanas nestled in the sand, beanbags on the manicured lawn or recliners sidled up to a blue lagoon pool. The two-storey restaurant is headed up by Belgian chef Manuel

Effendi who describes the menu as tropical comfort cuisine. There are three cool drinking venues, one featuring the almost obligatory swim-up bar with immersed bar stools.

**4 FOOD  
HONG KONG**

The legendary sushi eatery, Tokyo's three-Michelin-starred Sushi Saito, has opened its first overseas branch in Hong Kong at the lofty top of the Four Seasons Hotel. Helmed by chef Takashi Saito, the original restaurant succeeded in re-creating the authentic Edomae sushi experience of a century ago with Sushi Saito sourcing the best of the best fish from Tokyo's Tsukiji Market. For his Hong Kong offshoot, 'Saito's selection' will be flown into

Hong Kong on the same day it is plucked from the market. Four Seasons reports that thousands of booking inquiries have been received since word got out, making this one of Hong Kong's hot-right-now dining venues. Given its popularity, locals might find themselves booking a staycation to take advantage of the in-house guests' priority booking. ▶



10 great breaks



**5 LUXURY SHANGHAI**

Small Luxury Hotels of the World's newest member hotel, The Sukhothai Shanghai, has opened in the city, bringing a dose of contemporary lifestyle to the Jingan District. The rooms, ranging from 44 to 172 square metres, are among Shanghai's largest and feature natural materials aimed at air

purification, humidity regulation and sound absorption. Four eat-drink venues include La Scala, an Italian restaurant; Urban Cafe & Lounge, where guests can create their own tea blend from a herb trolley with over 18 infused fresh herbs; The Zuk Bar, featuring artisanal cocktails; and Beans & Grapes, serving wholesome comfort food by day and Asian-inspired tapas paired with wine by night.

The neighbourhood is worthy of exploring on foot with People's Square, Grand Theatre and Shanghai Natural Museum nearby. Or just stay in – if the Retreat spa's list of South-East Asian healing therapies doesn't tempt you the 25-metre heated indoor pool, sauna and steam room might. ➤



Image © David Doubilet/Walindi Resort

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**6 CULTURE SINGAPORE**

Curious travellers keen to access places that might otherwise remain out of sight to the casual visitor should tap 'context travel' into Google. The tour group operator is known for getting off the tourist track and into the minds of travellers with intellectual encounters. Context's group leaders are scholars or specialists, with MAs, PhDs or other degrees in their fields. Context's most recent destination for its culture and cuisine tours is Singapore. Travellers to the Little Red Dot can now sign up for a Hawker Centre Hopping tour to sample a spread of Singaporean market bites, or a Little India tour to indulge in a fragrant cardamom and turmeric-scented exploration of this cultural hot spot. On the Singapore History tour, guests embark on an in-depth examination of the city, discovering whether there's any truth to the tale of the city's transformation from sleepy fishing village to a modern metropolis.

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**7 DRINK HONG KONG**

Hidden behind a door in the basement of Hong Kong's high-end Landmark shopping mall is gorgeously glamorous Dr Fern's Gin Parlour. Fitted out like an old pharmacy, an appointment with resident Dr Robben Fern is sure to cure any malady, with the unusual

prescriptions ranging from fabulous renditions of the classic gin and tonic, to curated bar bites. Playing the part of doctor is new mixologist Paul Chan, a "specialist in intoxicating new drinks, inventions and medical miracles", who was last year named one of top 25 bartenders in Hong Kong and Macau by Drinks World Asia. Keen to indulge teetotal patients as well, Dr Fern's has

launched a new Nordic afternoon tea, inspired by the Swedish tradition of *fika*, a time set aside to have tea or coffee accompanied by pastries in a highly social setting. Shoppers maxing their credit cards at Landmark can rest and recuperate with a cuppa or a cocktail.

See [drfernshk.com](http://drfernshk.com). ➤

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10 great breaks

**8 SURF PNG**

What compares with getting a good wave? Cutting and designing your own balsa wood surfboard. That's the highlight of a surfing tour to PNG hosted by Mark Riley of Riley Balsa Wood Surfboards (balsawoodsurfboardsriley.com) in Miranda, Australia, who sources his unique eco-friendly balsa wood from PNG. After three successful adventures in 2016 and 2017, Riley will again

host a two-week fully escorted small group tour to adventure surf hub Kavieng, the capital of New Ireland in the northern tip of the island. Guests will stay at Nusa Island Retreat and Rubio Plantation Retreat and learn the entire process from felling local balsa and milling the planks to the craftsmanship involved in building and shaping a surfboard. In addition to crafting surfboards and daily surf sessions in world-class surf, guests can fish, kayak, dive and snorkel. The trip is from November 3–18.



**9 WELLNESS BRISBANE**

Do Queenslanders ever get the winter blues? Hard to say given temperatures in the northern Australian state rarely drop into long-john territory. Either way, when spring hits, Brisbane's Medibank Feel Good Program aims to shake off the colder months with its line-up of free outdoor get-fit classes. Test your balance, flexibility and energy in a yoga class, develop strength and co-ordination in pilates, tone that tummy in a bootcamp-style cardio class or splash around in the refreshing aqua aerobics class. Tai chi and dance classes are also contenders for this year's line-up. Classes will be held either at 6.30am or 5.30pm (depending on the heat) at the Little Stanley Street lawns at South Bank Parklands, except the aqua class,



which will be at the Boat Pool. All classes are free and bookings are not required – just turn up with essentials such as a water bottle, towel and a yoga mat (where required).

This year's timetable and information will be published in August at [visitbrisbane.com.au](http://visitbrisbane.com.au).

**10 GUIDED TOUR TOKYO**

How best to roll up your kimono sleeves and get involved in all things Nippon? InsideJapan Tours' 15-day Hands on Japan trip is an active immersion in activities that make Japan unique. The tour, with a maximum group size of 14, accompanied by an expert full-time tour leader, starts and ends in Tokyo. Participants will tick off some of Japan's classics with seats at the grand sumo tournament and afternoon tea with a geisha, but they will also delve deeper into traditional cultures including pottery, rice farming, chopstick making and energetic taiko drumming with the highlight of learning to make a knife in Takefu, a blade-crafting village. Culinary experiences include a fish market sushi breakfast and a soba noodle-making



session, and the tour meals will showcase the extraordinary range of Japanese cuisine, from refined kaiseki to after-work beer and snacks with the salarymen.

See [insidejapantours.com/japan-small-group-tours/i-ho/hands-on-japan/](http://insidejapantours.com/japan-small-group-tours/i-ho/hands-on-japan/)

\*Air Niugini plans to start flights to Shanghai this year.







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# The happy isles

Luxury resorts, idyllic beaches and friendly locals are all part of the Fiji experience. *Fiona Harper reports.*

In *The Art of Happiness*, the Dalai Lama connects the wisdom of the east with desires of the west. He says: "I believe that the very purpose of our life is to seek happiness . . . I think the very motion of our life is towards happiness."



Fiji seems to have taken a page from the Dalai Lama's book and cornered the happiness market. Indeed, the apparent happiness of Fijians is one of the attractions that lured almost 800,000 holidaymakers to Fiji's sun-kissed shores last year.

In the western archipelago of the Yasawa Islands, the 20 or so volcanic islands are blessed with stretches of white-sand beaches lined with coconut palms. In eastern Fiji, Taveuni Island, otherwise known as the Garden Island, is a perennial favourite with nature lovers with substantial

annual rainfall ensuring that Taveuni is green and lush year round.

Though most arrive in the Yasawas in boats that ferry passengers throughout the Mamanuca and Yasawa Island groups, flying to the Yasawas at low altitude is a real treat.

A turquoise mosaic of coral reef-strewn South Pacific magnificence stretches below me.

Our small aircraft flies low, before swooping down onto the grass airstrip on Yasawa Island.

At Yasawa Island Resort, harmonious Fijian voices ring out as a scented floral lei is draped around my neck. Taking in the dreamy view of sand, sea and sky through the open-sided lobby, it feels like I've been welcomed home. Settling easily into island life, we start our days with long leisurely walks along the beach where few footprints disturb the serenity.

This is the Fiji that many return visitors know and love. Indeed, a lifelong love affair with the island archipelago has lured me to its sun-drenched shores yet again. Few destinations seem to promise as much happiness as Fiji



does. Admittedly her drop-dead gorgeous land and seascapes hold much allure, but Fiji's real charm has more to do with the warmth of her people and their seemingly ingrained happiness.

We board a boat to visit the Blue Lagoon made famous by Brooke Shields and Christopher Atkins in the 1980 movie of the same name. At Sawa-i-Lau Cave, a grotto carved from limestone, we float around in a cool pool of silken water, so deep it's almost black. For the brave, there's a second smaller cave that requires placing an amount of trust in a local guide who leads the faithful underwater through a narrow tunnel before popping up in the smaller cave. I can't bring myself to do it and am content to splash around in the main cave.

Out east, on Taveuni Island, it's just as laid back but we do ramp-up the activity level a notch. Between exquisite meals and sundowners served in one of five intimately romantic dining locations spread around the Beach Villa at Taveuni Palms Resort, there's lots to do.

Bouma National Heritage Park occupies much of Taveuni's central highlands and east coast. Thanks to a tropical climate, lushness abounds. Banana and papaya trees are heavy with fruit in various stages of ripeness, scarlet flowers bloom from hibiscus bushes and ginger plants, frangipani petals litter the ground, their fragrance wafting on the trade wind breeze.







Footprints in the sand ... a lonely beach at sunset in the Yasawa Islands (far left); Taveuni Palms Resort (left); the site of Blue Lagoon (above); food and accommodation at Yasawa Resort (below).



We slide down a natural rock slide worn smooth by centuries of rushing water, plopping ungraciously into a boulder-strewn pool.

Guide Pita takes us by boat along the east coast where we stop beneath waterfalls that cascade into the sea. He tells us that in days gone by European sailing ships used to tie up their tenders beneath the falls to resupply their water provisions.

Hiking to another waterfall, guide Simone's eagle eyes spot the vibrant colour of the rare orange

“ Settling easily into island life, our days start with long leisurely walks along the beach where few footprints disturb the serenity.

” dove. Contrasting starkly against the tree it's perched in, we're fortunate enough to zero in on it through the binoculars before it takes flight.

Nearby, the ruins of a fort remain as a reminder of the

battles Taveuni Islanders fought against invading Tongans. A well-known battle, fought in canoes off the beach near Wairiki, was recently commemorated, marking 200 years since the Tongans were defeated. Legend

has it that this victory was celebrated at the time by the victors cooking the vanquished and eating them. It was around this time that European and American missionaries sought to stamp out barbaric practices, including cannibalism that was rife across Fiji.

These days, Fijians are far more likely to kill with kindness. ■

 **Air Niugini flies from Port Moresby to Nadi, Fiji, three times weekly. See [airniugini.com.pg](http://airniugini.com.pg).**



## CITY GUIDE:

## TOWNSVILLE

*Daniel Scott* explores far northern Queensland, where rugby league, beach culture and an exciting food scene have the town buzzing.

**Overview ... Townsville from Castle Hill, a red granite knoll popular with visitors, and locals.**

Less than 1100 kilometres from Port Moresby, and now served by twice-weekly direct flights, Townsville is strongly connected to Papua New Guinea through business, education, sport and as the base for Youth With a Mission (YWAM) medical ships, which provide vital medical support to the regions.

A sparkling, tropical seaside city at the edge of the Great Barrier Reef, it's an excellent destination for a short break, perhaps built around a North Queensland Cowboys home game, in the National Rugby League competition.







**GETTING AROUND**

With the airport only five kilometres from the city centre, taxis and buses ([sunbus.com.au](http://sunbus.com.au)) will get you most places in Townsville. Regular ferries service Magnetic Island, 20 minutes away ([sealinkqld.com.au](http://sealinkqld.com.au)). Once you reach ‘Maggie’, as locals call it, an entertaining touring option is hiring an open-top Mini Moke ([tropicaltopless.com](http://tropicaltopless.com)).

**SIGHTS**

Enjoying 300 days of sunshine per year, Townsville is the epitome of a tropical Australian seaside city, with an outdoor lifestyle at its heart.

Begin your exploration with a stroll along The Strand foreshore, which, with its waterpark, playgrounds and waterside cafes, was voted one of Australia’s top 10 beaches by TripAdvisor. Backing the city, like Table Mountain looming over Cape Town, is Castle Hill, a red granite knoll from which the views of the sunset and of fit locals puffing up to the top in joggers or on bikes, are sublime.

Offshore, the wonders of the Great Barrier Reef beckon. One thrilling way of seeing its many shapes and colours is from the air ([townsvillehelicopters.com.au](http://townsvillehelicopters.com.au)), while another is to do a day trip to snorkel on Lodestone Reef ([adrenalindive.com.au](http://adrenalindive.com.au)). Divers also flock to one of the world’s top wreck sites, that of the SS *Yongala*, that sank off Townsville in 1911, with its prolific marine life, from swarms of tropical fish to sea turtles and sharks.

Back on land, the Reef HQ Aquarium (2–68 Flinders Street, open 9.30–5pm daily, [reefhq.com.au](http://reefhq.com.au)) has extensive coral

gardens and thousands of tropical fish on display in a 2.5 million-litre tank. The adjacent Museum of Tropical Queensland (open daily 9.30–5pm, [mtq.qm.qld.gov.au](http://mtq.qm.qld.gov.au)) also has exhibits on the reef and on the region’s rainforests and indigenous heritage. Townsville has a busy sporting calendar. In addition to being home to North Queensland’s NRL team ([cowboys.com.au](http://cowboys.com.au)), the city hosts Australia’s second-oldest marathon (August 5, [townsvillerunningfestival.com](http://townsvillerunningfestival.com)), the Supercars Townsville 400 ➤



City guide: Townsville

(July 6–8, supercars.com/townsville) and the Magnetic Island yacht festival (August 30–September 5, magneticislandraceweek.com.au).

**TOWNSVILLE SPECIAL**

The jewel in the crown of Townsville’s enviable location, is the presence offshore, close enough for some to commute by ferry, of Magnetic Island. Surrounded by palm-fringed bays, much of the island is covered by national park and numbers koalas among its residents, which only adds to its impression of tropical torpor. Yet, with hiking trails, excellent snorkelling in turquoise coves, a lively cafe scene, particularly behind Horseshoe Bay – try the Early Bird (facebook.com/theearlyb) – and the annual

sailing extravaganza (see left), appearances can be deceptive.

**CULTURE CULTURE**

Taking place in Townsville and on Magnetic Island between Friday July 27 and Sunday August 5, the 28th Australian Festival of Chamber Music brings musicians from around the world to perform in 25 concerts and events (afcm.com.au). Year-round, the newly opened Jezzine Barracks (queensland.com/en-au/attraction/jezzine-barracks), on Kissing Point Headland, at the north end of The Strand, is a commemorative precinct with insights into this region’s extensive indigenous and military heritage, as well as art works and coastal views. In town, the Aboriginal and Torres Strait Islander Cultural Centre ➤



Townsville attractions ... Magnetic Island (above); the newly opened Jezzine Barracks precinct (below).

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City guide: Townsville

(2–68 Flinders Street East, open Monday–Saturday 9.30am–4.30pm, cctownsville.com.au) has traditional and contemporary artworks and artefacts, and regular performances.

**DOING BUSINESS**

For meeting rooms with a view, head to the waterfront Ville Resort – Casino (Sir Leslie Thiess Drive, the-ville.com.au), while in town, James Cook University’s city campus (383 Flinders Street, jcu.edu.au) has meeting spaces with video conferencing facilities. In the CBD, the North Queensland Club (146 Denham Street, northqueenslandclub.com.au) is a versatile venue for connecting and socialising with business colleagues.

**RETAIL THERAPY**

Running off the Strand, Gregory Street has an array of independent boutiques, selling everything from homewares to the latest fashion items, and cafes and restaurants in which to intersperse the shopping with coffee and a bite to eat. On Sundays, the central Cotters Street markets (8.30am–1pm) have everything from jewellery and woodworks to stuffed toads, as well as plentiful food stalls.

**PILLOW TALK**

Undoubtedly Townsville’s hippest accommodation option is Rambutan (rambutantownsville.com.au), a glampacker resort that runs the gamut of room types, from eight-bed mixed dorms ➤



Night walk ... the historic Victoria Bridge in Townsville's CBD.



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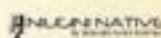
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City guide: Townsville

Splash out ... (from left) Rambutan lays claims to being Townsville's hippest accommodation; Palmer Street; the Cactus Saloon.



to luxury king-sized hotel boudoirs. The top floor bar/restaurant and pool are its major draw, bringing together visitors and locals, for drinks, slow-cooked meats from an imported smokehouse and stellar views over Townsville. For the business traveller, the four-star Hotel Grand Chancellor ([grandchancellorhotels.com/](http://grandchancellorhotels.com/)

hotel-grand-chancellor-townsville), aka 'the sugar shaker' due to its unusual shape, is close to the CBD, and the Ville Resort Casino ([theville.com.au](http://theville.com.au)), is completing a \$A40 million facelift, which will return it to the pinnacle of Townsville accommodation. Finally, for old-fashioned hospitality in an historic Queenslander, try Classique Bed

and Breakfast ([classiquebnb.com.au](http://classiquebnb.com.au)) located beside Castle Hill.

**EATS**

Townsville's food scene is evolving rapidly. For an award-winning breakfast head to Jam (*Good Food Guide* chef's hat 2018, 1 Palmer Street, [jamcorner.com.au](http://jamcorner.com.au)) on the city's 'eat street', where

you'll also find Michel's (7 Palmer Street, [michelsrestaurant.com.au](http://michelsrestaurant.com.au)), melding contemporary French and Australian influences in dishes like bouillabaise and the ultimate in slow food, escargot. Along The Strand, both Watermark (72 The Strand, [watermarktownsville.com.au](http://watermarktownsville.com.au)) and the new Shore House

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City guide: Townsville



(118 The Strand, North Ward, [shorehousetownsville.com.au](http://shorehousetownsville.com.au)) are light-filled restaurants putting an innovative spin on local sourced seafood and meat.

Off the main Flinders Street, City Lane is Townsville's answer to the laneway craze sweeping Australian cities, with outlets offering sushi, dumplings and Korean spiced pork,

along with Italian and American-style diner fodder ([citylane.com.au](http://citylane.com.au))

**WATERING HOLES**

Also in City Lane is the Tap House (373 Flinders Street, [thetaphouse.com.au](http://thetaphouse.com.au)), where you can pour your own beer and taste the latest seasonal brew.

On Flinders Mall, the Brewery (252 Flinders Street, [townsvillebrewery.com.au](http://townsvillebrewery.com.au)) is the place to sup Townsville Bitter within metres of where it is produced and sample varietals like Bandito Loco Mexican lager and Belgian Blonde wit bier.

A stroll up Flinders Street leads to Hooch and Fellow (181 Flinders Street, [facebook.com/hoochandfellow/](http://facebook.com/hoochandfellow/)), Townsville's first dedicated cocktail bar. For a more traditional night out in tropical Queensland try the Seaview Hotel (56 The Strand, [seaviewhotel.com.au](http://seaviewhotel.com.au)) before adjourning to the night club strip on Palmer Street East.

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City guide: Townsville



**LOCAL KNOWLEDGE**

**Mervin Dean** is from Madang, PNG, but moved to Townsville to start an apprenticeship as a boilermaker.

**I love Townsville because ...** it is spread out and has a country feel to it, which reminds me of home. The beach is amazing as well.

**A great night out is ...** Monsoon's Bar and Grill, Cactus Jack's Saloon, Molly Malone's Irish Pub or Flynn's Irish Bar.

There is also a new place called Rambutan.

To let loose a little bit there is always Mad Cow Tavern.

**We all gather at ...** The Strand near the oval or the water park where the kids can have a swim.

**The best sport is ...** rugby league. Not going to lie, I go for the Brisbane Broncos but my second-favourite team is the North Queensland Cowboys.

**Don't forget to ...** check out Maggie (Magnetic) Island. Also, don't forget to check out the fishing spots in and around Townsville. ■

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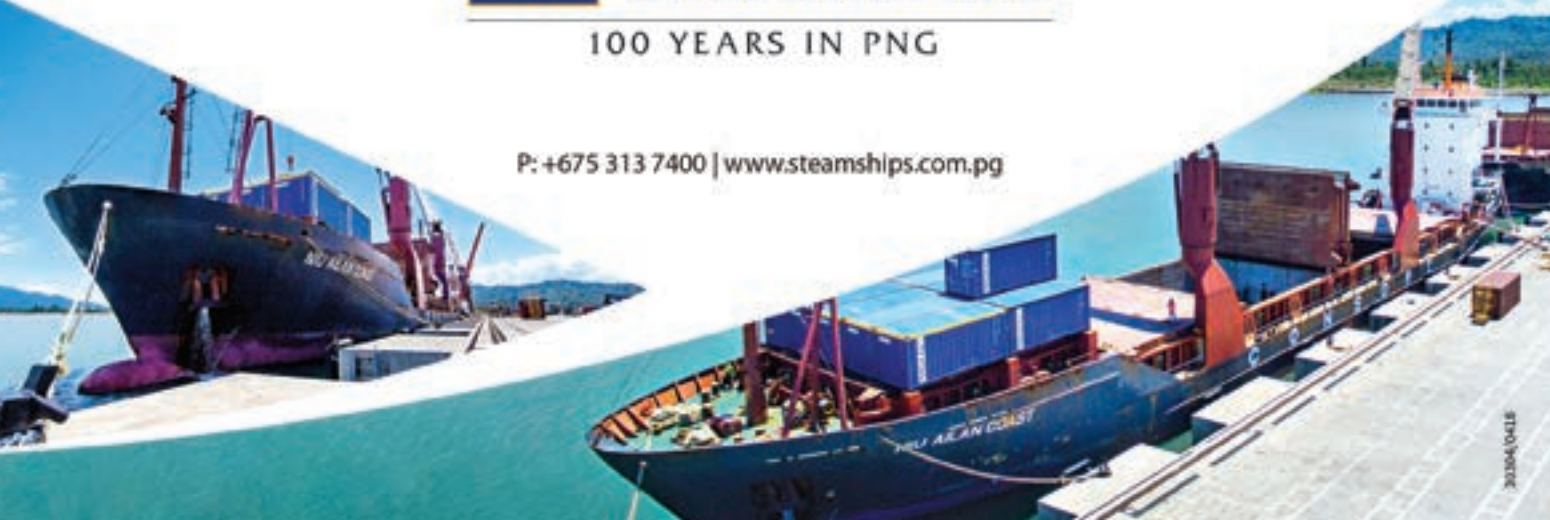
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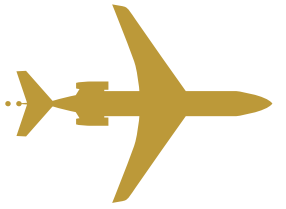
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**AIRPORT REVIEW**  
SINGAPORE



Singapore's Changi Airport ... (clockwise from this page) there are more than 350 shops; food options include everything from snacks to chilli crab; a bedroom at the Ambassador Transit Hotel can be booked for six hours or more, from \$S100; a snooze lounge; the rooftop pool is accessible for a small fee; a *koi* pond and garden; the Social Tree where passengers can electronically attach their photos and videos.

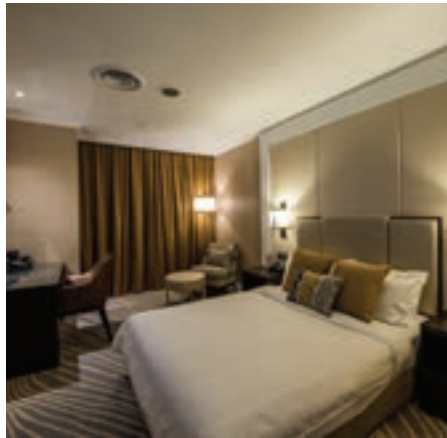


PICTURES: COURTESY OF CHANGI AIRPORT

This enormous and very modern airport is recognised as being one of the world's best. It's well laid out, easy to navigate and filled with distractions for those with transit time, including gardens, a cinema, snooze zones and quiet rest areas, and abundant food and shopping. It has been voted Skytrax World's Best Airport for the fifth consecutive year.







➔ **WHERE**

In Changi, the most easterly corner of Singapore’s main island, which is mostly reclaimed land and notable also for its airforce base and prison.

➔ **AIRPORT CODE**

SIN

➔ **TERMINALS**

Four terminals. Air Niugini uses Terminal 1. Terminals 1, 2 and 3 are linked by Skytrain in a few minutes. Terminal 4 is accessible by shuttle bus from Terminal 2.

➔ **LOUNGE ACCESS**

Air Niugini uses SATS Premier Lounge, which has comfortable seating, individual work benches, privacy booths, massage chairs and buffet food.

➔ **DISTANCE TO CBD**

18 kilometres

➔ **TAXIS & HIRE CARS**

Taxi stands are outside Arrivals. Fares are metered. The city centre is 30 minutes away and costs \$\$20–40. Terminal 3 has Avis, Budget and Hertz car-rental outlets.

➔ **OTHER TRANSPORT**

The train station is linked to Terminals 2 and 3, with trains running from about 5.30am until about 11pm. Public buses depart from bays beneath Terminals 1, 2 and 3.



➔ **SHOPS**

Fashion and cosmetic outlets, toys, electronics and duty free. Traditional cakes from local brand Bengawan Solo make good presents. Adventurous eaters can purchase salted eggs, dried cuttlefish crisps and exotic teas.

➔ **FOOD & BEVERAGE**

Terminal 3 has burgers, Indian vegetarian food, traditional Chinese, sushi and more. Kopitiam showcases local hawker fare such as Hokkien noodles with prawns, laksa, and national noodle favourite *char kway teow*.

➔ **WI-FI**

Both public and transit areas have free Wi-Fi. For a three-hour service, present your passport to obtain a password. You can also get a password via SMS if you have a local or roaming number on your mobile.

➔ **WHAT ELSE?**

Changi features numerous gardens where you can admire gorgeous orchids, cheerful sunflowers or 40 varieties of cactus on an open-air rooftop. You’ll also find a fish pond, spas, rooftop swimming pool and multimedia gaming centre.

➔ **FAVOURITE CORNER**

Terminal 3’s Butterfly Garden sees a thousand butterflies flit, many displaying spectacular tropical colours and patterns – it’s wonderfully relaxing. You can learn more about the butterfly lifecycle in the breeding and feeding enclosures.

➔ **CLOSEST HOTELS**

Crowne Plaza Changi Airport ([changiairport.crowneplaza.com](http://changiairport.crowneplaza.com)) at Terminal 3 is an upmarket urban resort that features a pool, spa, fitness and day-use rooms. Terminal 2’s Ambassador Transit Hotel ([harilelahospitality.com](http://harilelahospitality.com)) offers by-the-hour extensions on your stay and also operates a pay-per-use transit lounge with nap suites, showers and business centre. Inside Terminal 1, Aerotel Airport Transit Hotel ([myaerotel.com](http://myaerotel.com)) is designed for overnight stays, but rooms can be booked in six-hour blocks. Power showers, swimming pool and jacuzzi help you unwind.

➔ **SKYTRAX SAYS**

“Fantastic airport – truly one of the most efficient in the world.”  
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# PNG REVIEW: LAE INTERNATIONAL HOTEL, LAE

laeinterhotel.com +675 472 7000

**WHO STAYS?** Mainly business travellers, including long-term residents in the apartments and villas.

**HOW BIG?** 134 keys (plus 64 long-stay apartments)

**COST** From PGK550 + GST for a deluxe double or twin room

**CHECK IN** 2pm

**CHECK OUT** 10am

**HIGHLIGHTS** A peaceful, secure environment, spacious grounds and a wide range of accommodation, leisure and dining options.

**NEARBY** PNG's second city is also its manufacturing and transport hub. Attractions include a botanical garden, a famous war cemetery and The Rainforest Habitat.

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



## LOCATION

The Lae International Hotel's location has the virtue of being both central and secluded.

## THE PLACE

Lae's largest and most upmarket hotel, 'the Lae Inter' as it is commonly known, is a destination in itself. Spread over several hectares of lush tropical gardens (featuring two resident tree kangaroos), facilities include a large pool, small gym and several bars and restaurants. The hotel is also popular with the local expat community and is the city's principal conference venue. Since we last visited in 2013, Wi-Fi has been installed and a new block of superior rooms constructed (the Huon Suites wing).

## ROOMS

There are three room categories (plus apartments and villas for longer stays). They range from deluxe rooms, to premium and superior. While the former have all recently been renovated, the latter were only built three years ago. All rooms offer a wide range of cable TV channels and air conditioning.

## FOOD AND DRINK

The main restaurant is Kokomo (named after the Papuan hornbill bird), where breakfast is served. Later in the day diners can choose between a buffet and an expansive a la carte menu (including some tasty Asian dishes and vegetarian options). Adjacent is the popular Luluai's Pizzeria. The hotel also offers a fine dining restaurant, Vanda, overlooking the lobby. There are also two bars including the convivial Sportsman's Bar.

## WHAT GUESTS LIKE

"I love the pizzas in this hotel and highly recommend to order one. Overall stay was very good. Food was outstanding. Thanks to wonderful smiling staff and management."  
– TripAdvisor

"Had a one night stay here for business. Very welcoming and friendly staff. Lovely food. I stayed in a recently updated room overlooking the pool, it was clean and comfortable."  
– TripAdvisor ■







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# INTERNATIONAL REVIEW: MURRAY HOTEL, HONG KONG

marcopolohotels.com +852 3141 8888

**WHO STAYS?** Leisure travellers and special occasion guests, business travellers with expense accounts.

**HOW BIG?** 25 storeys, 336 keys

**COST** From \$HK3600 (PGK1500) + 10 per cent surcharge.

**CHECK IN** 2pm

**CHECK OUT** Midday

**HIGHLIGHTS** Expansive views from every room, attentive staff, polished design and luxury detail.

**NEARBY** It's walking distance to Central and Admiralty and highlights such as the Peak Tram, St John's Church, Hong Kong Park and Hong Kong Zoo and Botanical Gardens.

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



## LOCATION

The hotel is in Central, on Hong Kong Island. It is between Garden Road and Cotton Tree Drive, with covered overpasses ensuring easy walking access in every direction.

## THE PLACE

It's a stunner. As part of the Hong Kong Government's 'Conserving Central' initiative, this new hotel has taken over the stately Murray Building, a former government office tower built in 1969. They've gone all out, highlighting the bold exterior arches as an architectural feature, bedecking the place in gold trim and creating a sense of space and openness – an unexpected accomplishment in such a built-up part of the city.

## ROOMS

They're fittingly spacious and luxurious with sleek grey and black furnishings softened by gold trims, colourful throw cushions and reflective surfaces. A desk and mini-bar recess is backed by expansive city, harbour or park views. In the bathroom, there are marble

floors, gold taps and Grown Alchemist bath products. Big glass walls with a frosting option allow guests to take a dip in the half-shell bath with or without city views. The toilet has a Japanese seat.

## FOOD AND DRINK

The Murray Lane cocktail bar in the lobby has bench seats, pop art and snazzy bartenders. The Garden Lounge, where breakfast is served, is in an airy room surrounded by floor-to-ceiling glass walls that draw the garden inside. Tai Pan is a modern European restaurant. Popinjays, a rooftop bar and eatery, and the previously established Michelin-starred Cantonese restaurant, Guo Fu Lou, will open later this year.

## WHAT GUESTS LIKE

"The level of service is outstanding (the in-room guest guide even had detailed directions for nearby hikes)." – TripAdvisor

"Visitors to Hong Kong must try the new best hotel in Central. The Murray is in soft launch mode with full opening mid year." – Expedia ■





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### UNMISSABLE TREATMENT

Treat yourself to the 60-minute Balinese massage. It may well be the best PGK168 you spend all year.

### DETAILS

The Stanley Hotel, Third Floor, Sir John Guise Drive, Waigani, Port Moresby. Tel. +675 3028888, see zenspstanley.com.

## THE DAY SPA BY CHUAN, THE LANGHAM, SYDNEY, AUSTRALIA

First thing's first: the pool at the Langham is outstanding. With faux stars set into the darkened roof twinkling on the low-lit lap pool and jacuzzi below, it's like swimming in heaven, so make sure you leave time for a pre-treatment plunge and session in the steam room. Once you're done luxuriating, a menu full of healing holistic therapies awaits. In the massage realm there's aromatherapy, relaxation, stress relief, stone therapy and more.

### UNMISSABLE TREATMENT

The 90-minute Chuan stone-therapy massage (PGK562) uses hot and cold stones to balance yin and yang energies, increasing circulation and boosting your immune system. It's perfection when combined with the Chuan herbal salt scrub where warm oil, salt, mint and ginger combine to make your skin and body feel brand new.

### DETAILS

The Langham, sub-basement level, 89-113 Kent Street, Sydney. Tel. +61 (2) 9248 5250, see langhamhotels.com.

## LEMBAH SPA, UBUD, BALI

It's the views of Ubud's lush jungle that first grab your attention in this dreamy nest, situated in a thatched-roof bungalow surrounded by palm trees. But it's the flower petal baths, steam room, plunge pool and excellent range of treatments that will keep you here for hours on end. Merging Western science with ancient Balinese healing traditions, Lembah offers a decadent array of foot reflexology, hair cream baths, body scrubs and masks, facials and, of course, fantastic massages.

### UNMISSABLE TREATMENT

The Four Hands Harmony massage involves two therapists giving you a traditional Balinese rub down for 60 minutes, kneading you into a semi-liquid state. Or, for the ultimate indulgence, book in for a 180-minute spa package including a scrub, essential oil massage, yoghurt body moisturiser, aromatic bath and facial.

### DETAILS

Lembah Spa, Jln. Lanyahan, Br Nagi, Ubud. Tel. +62 361 971 777, see lembahspa.com. ■

**Lembah, Bali ... the spa has a decadent array of treatments (above and left).**





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**Parliament House, Port Moresby, 1986**

As a schoolgirl in 1972, Susan Karike Huhume from Gulf Province entered a competition to design a national flag for Papua New Guinea. Her design was selected from hundreds of entries, but her contribution was largely overlooked as the country went about the important preparations for independence on September 16, 1975. It was not until 1986 that then prime minister, Paias Wingti, awarded her an Independence Medal in recognition of her services. She is pictured here with Sir John Guise who, at independence, was appointed as the first governor-general of the country.

***If you have a photo that may be suitable for Time Traveller, email [paradise@businessadvantageinternational.com](mailto:paradise@businessadvantageinternational.com).***





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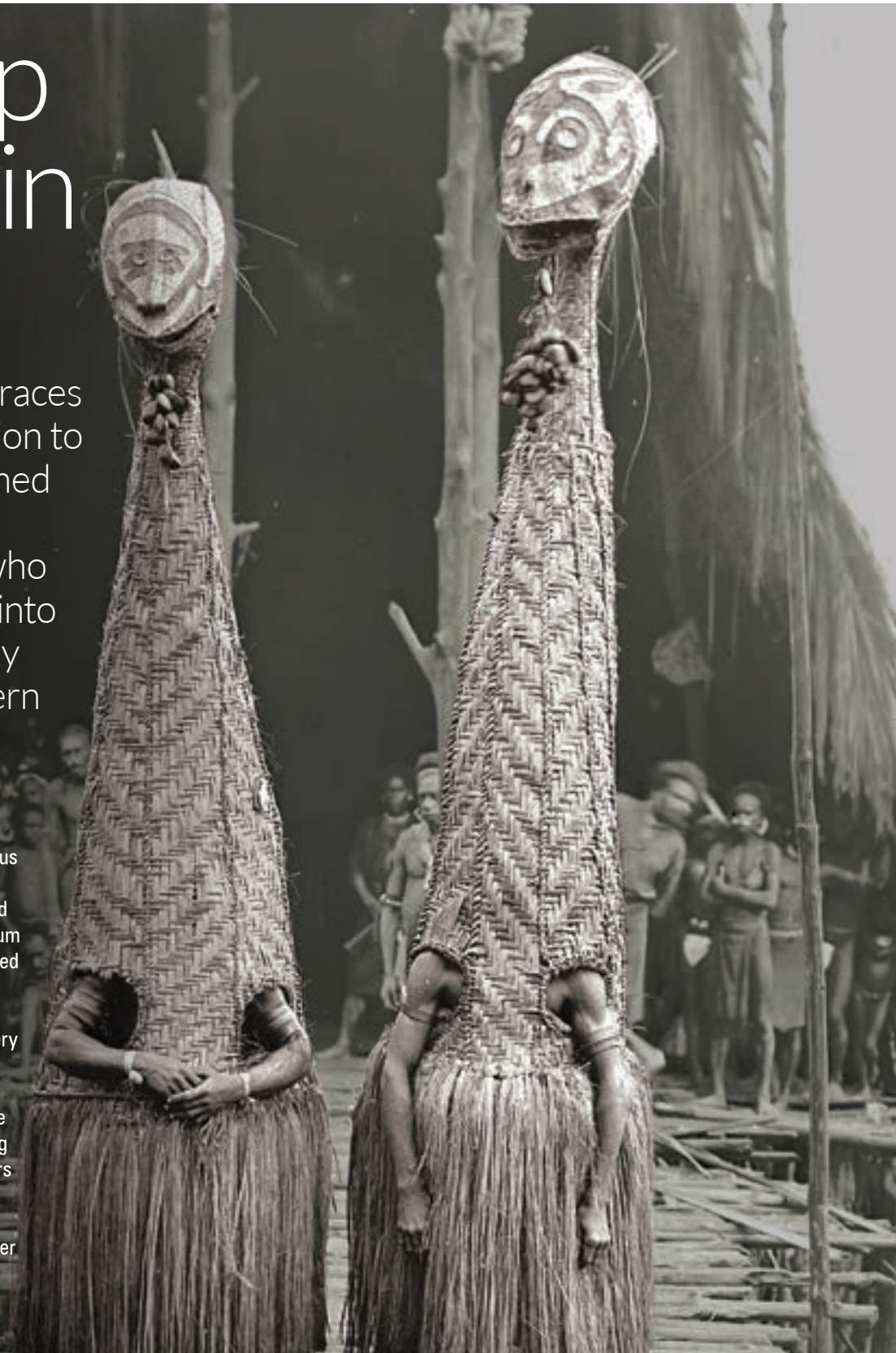
PICTURES: FRANK HURLEY, REPRODUCED WITH PERMISSION FROM THE AUSTRALIAN MUSEUM

# A step back in time

Tim Griffiths retraces a 1922 expedition to PNG by the famed photographer Frank Hurley, who ventured deep into the Lake Murray region in Western Province.

**W**hen world-famous photographer Frank Hurley and Australia Museum scientist Allan McCulloch sailed their ketch *Eureka* into Port Moresby's Fairfax Harbour in December 1922, they had every reason to feel pleased with themselves.

They had just penetrated the interior of Papua by journeying up the Fly and Strickland rivers into Lake Murray. They had succeeded in achieving first contact with tribes in the upper reaches of the lake that still practised headhunting.







“

Hurley's diary describes how most of the inhabitants of Lake Murray fled their villages when they saw the ketch *Eureka* steaming across the lake.

”

**Snapshots of the past ... masked dancers at Tovei village in Gulf Province (opposite page); Frank Hurley and Allan McCulloch on the Aramia River in Western Province (left).**

The duo assembled an extensive collection of artefacts and Hurley took hundreds of photos on glass-plate negatives. His photographs captured the diversity of the people and their culture in the Gulf and Western provinces.

He photographed men's houses, some more than 120 metres long and 20 metres high and which no longer exist, except in his photographs.

As part of the expedition, Hurley even made the first aircraft journey in the country on October 5, 1922, when he flew from Port Moresby to Yule Island and later on to Daru to join up with *Eureka*.

The plane was a Seagull Flying Boat with an open cockpit and was constructed of timber, canvas and wire. It had an average speed of 60mph (96kmh).

Imagine Hurley's surprise on his return to Port Moresby when the government welcoming party at the main wharf came on board *Eureka* and seized the entire artefact collection, despite Hurley and McCulloch having been issued collection permits.

The colonial administration announced an official inquiry into allegations of improper collecting methods, intimidation and use of force. Witness statements

were obtained. Hurley denied the allegations and denounced the lieutenant governor, Sir Hubert Murray, in *The Sun* newspaper in Sydney for trying to prevent the collection being seen by the public.

While the artefacts were intended for the Australian Museum in Sydney, Hurley was first and foremost a commercial man. Some of the artefacts were wanted by him to serve as props for the release of his film *Pearls and Savages*. Ultimately the majority of the artefacts were released to the Australian Museum where they became

a key part of its Pacific culture display.

Ninety-five years later, last November, Dr Jim Specht and myself set out with several others to retrace the route taken by Hurley and McCulloch.

Specht is the former head of anthropology at the Australian Museum and co-compiled (with John Field) *Frank Hurley in Papua*, published in 1984. In 2015, Allen & Unwin published *Endurance*, my novel based on the life of Hurley.

Even today Lake Murray, in the remote Western Province, remains difficult to reach. There are no connecting roads or ➤



A step back in time

regular airline passenger services.

Consort Shipping offered us passage on its vessel *Kiwai Chief* across the Gulf of Papua to Everill Junction, where the Fly and Strickland rivers intersect. From there, the Ok Tedi Development Foundation provided a fast-moving banana boat up the Strickland and Herbert rivers and into Lake Murray, where we stayed at the picturesque Lake Murray Lodge run by Trans Niugini Tours.

On our journey in Hurley's footsteps we carried with us a large interpretative panel, made of stainless steel and aluminium, on which a number of Hurley's Lake Murray photographs are printed. Fully assembled, the panel stands three metres high and three metres wide.

With assistance from local elders, the panel was erected and unveiled at Lake Murray station before a crowd of over 300 villagers. The panel contains a short story about the historic meeting between Hurley and the Lake Murray inhabitants and has now become a tourist attraction.

Hurley's diaries describe meeting and photographing a Lake Murray chief, Homoji, from the village of Dukoif. No such village exists. But on a previous trip to



On the Fly ... (clockwise from top) a longhouse on the Fly River; the new interpretive panel; villagers around Eureka; scientist Allan McCulloch in the radio room of Eureka.

Lake Murray I had visited the island of Usakof in Lake Murray, which I surmise is the location of Hurley's meeting.

The villagers there know the story of Hurley. One of them has a

stained and torn photograph in his hut of his great grandfather Muzi. The subject of the photograph looks proud and self-assured. The front half of his head is shaved and the back has long Rastafarian hair with straw extensions.

It is, in fact, Hurley's photograph taken of the 'chief', who Hurley had described as Homoji.

Most people in Lake Murray have never seen the photographs of their ancestors taken by Hurley, hence the idea of the large weatherproof interpretive panel that shows some of the images and also explains the circumstances of the historic meeting, both in English and the local Kuni language.

Hurley's diary describes how most of the inhabitants of Lake



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A step back in time



A man of Usakof



Mark Crowler Usakof



Crew of Eureka on Lake Murray



Alan McCulloch of Australian Museum showing a photograph



Lake Murray Long House



Murray fled their villages when they saw the *Eureka* steaming across the lake. It was only near Usakof that Hurley was able to get within range of a group of men in log canoes that he could call out the only *tok ples* phrase that he knew, "*sambio, sambio*", meaning peace.

The Lake Murray men called back "*sambio, sambio.*" They were extremely brave because they had no knowledge of these strange white men who were well armed with guns.

Neither completely trusted the other, but they came together in peace and soon were exchanging goods. Women and children, however, remained out of sight.

Hurley was particularly keen to trade goods for human heads because it was headhunters that most excited the audience he needed for his film to be successful.

Over the next few days, he captured a number of wonderful portraits of the men of Lake Murray.

There was much debate as to exactly where the interpretive panel should be erected and our group spent three days in talks with villagers at Usakof and the nearby government station at Boboa. Hundreds of villagers attended the meetings, listening intently, with some occasionally questioning the correct translation into *tok ples*.

We should not have been surprised by the first two questions from the villagers. "Does the museum still have the artefacts taken by Hurley and McCulloch? "Can we get them back?"

Repatriation of artefacts is a complex issue. To be successful, it usually requires a return to an established, well-resourced museum. ➤

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A step back in time



All aboard ... crew of the *Kiwai Chief* with (from left) expeditioners Catherine Graue, Jim Specht, Tim and Jenny Griffiths and Alex George.


It was the next question from the Lake Murray villagers, however, that was unexpected. "Muzi was a great chief but he disappeared after Hurley came ... did Frank Hurley take Muzi back with him on his boat? No one here knows what became of him."

There is no satisfactory answer to the question. Muzi went on board the *Eureka* but there is no suggestion in the diaries of Hurley and McCulloch that he travelled with them. It remains a puzzling gap in the oral history. ■



**✈ Air Niugini flies daily from Port Moresby to Kiunga, from where it is a 25-minute charter flight to Lake Murray. See [airniugini.com.pg](http://airniugini.com.pg), [pngtours.com](http://pngtours.com).**

The interpretive panel includes the names of several sponsors of last year's journey. Air Niugini provided airfares and freight. Trans Niugini Tours, the Australian High Commission, Consort Shipping, the Ok Tedi Development Foundation, Alpha Insurance and North Fly Rubber were also major sponsors. The Australian Museum provided permission to reproduce Frank Hurley's photographs.




Charlie Lynn's


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# SHOW OF STRENGTH

PNG's Commonwealth Games team flexed some muscle in Australia recently, coming home with three medals in weightlifting. *Robert Upe* reports.



**P**apua New Guinea's three medals at Commonwealth Games on the Gold Coast, in Australia, earlier this year gave the country its best-ever result at the Games.

All the medals were won in weightlifting, with gold going to Steven Kari in the men's 94-kilogram division. Silver medals were won by Dika Toua in the

women's 53-kilogram division and Morea Baru in the men's 62-kilogram division. Previously, PNG's best result had been two medals.

It was the second gold medal won by Kari (he also won gold at the Commonwealth Games in Scotland in 2014), making him PNG's most successful Commonwealth Games athlete.







Games moments ... (from left) flag bearer Vero Nime (para table tennis) and Piwen Karkar (lawn bowls) waving; Steven Kari celebrates after his gold-medal winning lift; Thadius Katua hits out with a powerful right; Debono Paraka in the discus; silver-medal weightlifter, Dika Toua, with husband and weightlifting team manager, Mavara Tamasi, and their children; Toua in action.



Kari broke the Commonwealth record and Commonwealth Games record for the clean and jerk lift that won him the Gold Coast gold.

Toua's silver sees her join swimmer Ryan Pini as PNG athletes who have won gold and silver at Commonwealth Games.

Out of 18 sports on the Games' program, PNG was represented in 10: athletics, boxing, lawn bowls,

table tennis, triathlon, rugby 7s, shooting, squash, swimming and weightlifting.

PNG had a contingent of 87 athletes and officials, led by chef de mission Tamzin Wardley.

In other sporting highlights for PNG, Debono Paraka made the final of the discus with a national record throw of 52.6 metres.

Samuel Nason, a T46 100-metre

para-athlete, ran sixth in his final, while all five PNG weightlifters finished in the top eight in their events.

Geoffrey Loi won his two table tennis pool matches, which made him the only Pacific islander to progress into the main draw. ➤



PICTURES: PNG OLYMPIC COMMITTEE





Show of strength

THEY SAID IT

“

At their best, Papua New Guinea athletes are just as good as any other athletes in the world and I know their performance on the day will be fuelled by their patriotism for our country.

”

– CHEF DE MISSION, TAMZIN WARDLEY

On your marks, get set ... (clockwise from this page) PNG's Rachel Sapery James takes the plunge in the triathlon; Team PNG; Steven Kari; shooter and Air Niugini pilot Daniel Wanma.



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Triathlete Rachel Sapery James became the first Pacific islander to finish a race at such a high level of competition. Boxers Thadius Katua and Charles Keama made it into the quarter finals.

Air Niugini pilot Daniel Wanma finished 16th out of 40 in the trap shooting event. (See story, page 14.)

Table tennis player Vero Nime, from Chimbu Province, carried the PNG flag at the opening ceremony.

She became the first para-athlete to ever carry the flag.

Meanwhile, PNG Commonwealth Games Association president Sir John Dawanincura was awarded life membership to the Commonwealth Games Federation (CGF) for his contribution to the Commonwealth sporting movement. He was also appointed to the CGF ethics commission. ■





Show of strength



**THEY SAID IT**

“

I congratulate all athletes who qualified for the Commonwealth Games on the Gold Coast. We know a lot of sweat and sacrifice has been required to reach the Commonwealth Games.

”

– PRIME MINISTER, PETER O'NEILL



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“

Traditionally, it's one man, one *gaba* (drum).  
Every man in my village would have his own *gaba* and it was up to him  
to maintain it and keep it tuned with beeswax.

”

PICTURES: BENJAMIN WARLNGUNDU ELLIS BAYLISS &amp; CARLO SANTONE







# THE **BEAT** GOES ON

*Belinda Jackson* reports on a musician who is reviving Papuan drum culture with a series of concerts.

In the groove ... Torres Strait Islander Albert David in performance with Airileke.

**T**he sound of the drum is low and heavy, like a heartbeat that rises and falls with the tide.

It's the sound of the *kundu*, the traditional drums that once heralded life's milestones throughout Papua New Guinea and West Papua.

"In the past, music always had a function in my village: at ceremonies, festivals, bride prices," says Papua New Guinean-Australian drummer and percussionist Airileke.

But with industrialisation, modernity and introduced religions, the ceremonies are

no longer being observed in his village, and the *kundu* – also called *gaba* in his language, Motu – has almost died out in his village and many other urban areas in PNG and West Papua.

"Sadly, some things got left behind that were probably at the time seen as not so relevant.

*Gaba* was one of those things."

A drummer by heart and by family tradition, Airileke is on a mission to retain and revive the culture and rhythms of Papuan drums.

The Melbourne-based musician's family is from

Gabagaba, an hour south of Port Moresby, a hub of drumming and dance that became famous as a *sing-sing* ground. "That's how our village got the name Gabagaba or 'Drum Drum,'" he explains.

"So, most people in my village are not surprised that I followed the way to revive the tradition of *gaba*."

As a music producer, Airileke has worked with such greats as legendary singers Telek, the late Tony Subam and legendary Australian indigenous band Yothu Yindi, and in 2015 returned to Port Moresby to direct the ►



The beat goes on

Pacific Games opening ceremony. His latest project, Sorong Samarai, is the revival and preservation of *gaba*.

“The *gaba* would welcome the *lakatoi* (double-hulled canoes) as they returned from the *hiri* (trade voyages), we never used it for entertainment,” he says. “Nowadays, the *gaba* are used in other music, but it’s rare to see the traditional dances in my village.”

The drums’ shapes, functions and names shift and change around the region: *tifa* in West Papua, *kundu* in PNG’s widely spoken Tok Pisin

A big lineup ... Airileke with reggae duo Twin Tribe and the Baluan crew, who featured in the Sorong Samarai film clip (right); decorative *tifa* from Biak and Sorong, in West Papua (opposite page).



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The beat goes on



areas, *warup* in the Torres Strait, and *gaba* in his homeland.

"It's the same drum, though the shape varies across the island," he says, describing the cylindrical or hourglass shape of *kundu*, which range from light timber drums of about 80 centimetres in the Momase region, to instruments of up to a metre long in Central Province. And, unlike the European idea of the drummer sitting behind the rest of the band, here the drummer is the dancer.

The handheld drums dictate their drummer's movements: the smaller drums allow for big, energetic moves from the drummer-dancers, while the massive headdresses and larger instruments of the Motuan dancers are married with ➤

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The beat goes on



slower, more graceful actions.

"Traditionally, it's one man, one *gaba*," says Airileke. "Every man in my village would have his own *gaba* and it was up to him to maintain it and keep it tuned with beeswax, and coconut oil to keep the wood well-maintained."

The drum skin was traditionally made from goanna or file-snake skin, though recently there's been a rise in possum, kangaroo or goat skins, and even rice bags or cloth that's been soaked in mud, which is big in PNG's urban areas.

"The secret of the *gaba* is its sweet spot," says the drummer, who uses a modern set-up of *kundus* mounted on stands and

played with both hands. He has a full range of drums including subs – deep-sounding drums that have subsonic frequencies similar to what you'd hear in a nightclub or in hip-hop music – which are up to three metres long. "They can really shake the earth!"

"You can't get too excited and hit the *gaba* too hard," he says. "The skins are quite delicate. But if you play it with the right velocity, it will sing ... that's the sweet spot."

Ask him the best drummer he's ever heard, and Airileke names his late grandfather, Boga Kwarara (aka Bubus Billy). "His *gaba* was always immaculately tuned and

One of the greats ... the late Donatus Moiwend, a legendary West Papuan visual artist, pictured with Airileke (this page); Airileke's band features performers from West Papua, Fiji, the Torres Strait, PNG and Australia (opposite page).

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The beat goes on

would resonate throughout the entire village,” he recalls.

Airileke also learned from dancer, storyteller and drummer Markham Galut from Morobe Province, and he has travelled through West Papua and PNG collecting rhythms and songs, learning the different styles that characterise each region.

For his Sorong Samarai project, Airileke teamed up with PNG reggae duo Twin Tribe and a Papuan ‘supercrew’ including dancers the Roem brothers of Wamena, PNG rapper Sprigga Mek, PNG singer Jagarizza, rising Indonesia star Ukam Maniczy of Sorong in West Papua and Richard Mogu of Mailu. ➤



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The beat goes on

Airileke and members of the team travelled from Sorong in the far west of West Papua to Samarai in Milne Bay Province, the far eastern point of PNG, crossing the Papuan landmass in 2016 in canoes, dinghies, buses, aircraft and by foot in a journey that took – on and off – about three months.

The group has also performed across Australia, including at the Sydney Opera House and in Vanuatu, blending traditional instruments such as conch shells, *kundu*, *tifa*, *gaba*, *warup* and *garamuts* and high-tech electronic instruments.

“It is still rare to see *kundu* as a percussion section in modern PNG bands,” says the music producer. “My mentor was the late Tony Subam of the Sanguma band,

the first band to adapt ancient traditions to modern music, and it’s still in its early stages.

“I believe the voice of our ancestors speaks through the *gaba*,” he says. “I also believe it is the key to our future. It is the living voice of our identity and our sovereignty.” ■

**The Sorong Samarai concert will be performed at the Huhu War Canoe Festival in Milne Bay on October 26–27, the National Kenu and Kundu Festival in Alotau in Milne Bay on November 2–3 and the Dua Dua Festival in Lae on October 20. See [onepagelink.com/airileke](http://onepagelink.com/airileke).**

**Dancer Markham Galut ... the co-ordinator of the Lae Sorong Samarai concert.**



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Sean Dorney ... has spent decades covering PNG as a journalist. Here, he is pictured at PNG's Parliament House in 1989.

# Foreign correspondent

For more than 40 years, ABC journalist Sean Dorney has been reporting on PNG and the Pacific. After he was diagnosed with motor neurone disease last year, friends and colleagues gathered in Brisbane to pay tribute to his life and work.

*Kevin McQuillan reports.*

Sean Dorney spent 17 years as the ABC's Papua New Guinea correspondent, marked by being both deported and awarded an MBE by the PNG Government.

His relationship with PNG began in 1974, when he was seconded to work for the newly established National Broadcasting Commission, just before the creation of the independent state of PNG.

"Dorney was present at the creation, and by reporting it, fostered its creation," former ABC diplomatic correspondent, Graeme Dobell, said at Dorney's recent tribute in Brisbane.

"Quite an achievement for one man with a microphone."

Dorney met his wife, Pauline, a Manus islander and NBC broadcaster, in Port Moresby.

They married in 1976 and moved to Australia. In 1979, he was appointed the ABC's correspondent in Port Moresby. They are devoted to each other, more than 40 years on, and he attributes much of his success to Pauline, who "is a broadcaster and knows what the business is about".

Dorney's links to PNG were established well before his arrival. ►





# Connecting PNG and the world



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Foreign correspondent

His father, Dr Kiernan 'Skipper' Dorney, was a highly respected surgeon, and one of the most decorated Australian doctors during World War 2, earning a DSO in PNG for continuing to treat wounded soldiers although his post was under direct shelling from an enemy gun firing at point-blank range.

Sport rules in PNG, and Dorney's captaincy of the Kumuls rugby league team in 1976 made him a local hero. Anyone who has met Dorney knows that he is not your typical big, muscle-bound player.

"It (playing for the Kumuls) certainly helped me as a journalist," Dorney says. "It proved a huge source of recognition in PNG."

To say Dorney is well known throughout the Pacific is an understatement.

On one occasion, the then Australian foreign minister, Andrew Peacock, reported getting off a plane in the Highlands to a polite welcome from several thousand people. Then Dorney emerged from the plane and the crowd went

“  
Dorney's captaincy  
of the Kumuls  
rugby league team  
in 1976  
made him  
a local hero.

beserk. On his return to Canberra, according to Dobell, Peacock said one thing he'd discovered in PNG was never to travel with Dorney – it was bad for the ego.

His fame, though, couldn't stop his deportation in 1984, by the then foreign minister Rabbie Namaliu, after the PNG Government objected to the screening of an interview with Irian Jayan rebel leader, James Nyaro, by the ABC.

Two years later, Prime Minister Michael Somare told Dobell not to worry about Dorney. The chief flashed that broad grin, reports Dobell, and said: "Don't worry, we'll get Sean back. He's one of ours".

Dorney is saddened and perplexed by the poor media coverage of PNG in Australia. Even the ABC has now neglected PNG, closing down its shortwave radio service, critical in remote areas for weather warnings, as well as daily news and analysis.

It was the shortwave service to remote PNG that made Dorney a household name, as he brought news about what was happening in the rest of the country to those remote areas.

"Sean Dorney is a 'journalist's journalist' whose reporting was unvarnished and no-frills, says Max Uechtritz, former ABC correspondent, and news editor at Al Jazeera. Uechtritz was himself born in PNG. His family presence on plantations goes back several generations, and he holds PNG dearly.

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Foreign correspondent

“He was fastidious with facts, his analysis was informed by grass-roots knowledge and an impeccable range of contacts who trusted him because of his integrity and professionalism. Sean is a role model for all young (and old) journalists,” Uechtritz says.

He agrees about the poor coverage of PNG in Australia, pointing out that when he was running documentaries and current affairs at Al Jazeera English “we’d do more television programs on PNG in a year than the five Australian networks combined”.

Asked what was a highlight of his reporting of PNG, Dorney says: “In terms of spectacle, nothing can compare with flying over two exploding volcanic vents in the (1994) Rabaul volcanic eruption”.

But the trauma of the 1998 Aitape tsunami, which claimed 2500 lives, was the most emotional reporting experience of his career. He won an award for his reporting on that event. In 2000, Dorney completed a two-part

television documentary marking the 25th anniversary of PNG independence and spanning his own quarter of a century involvement with the country.

As well, he has written two books about PNG.

His legacy extends to providing mentoring to Pacific journalists.

EMTV presenter and former ABC producer/presenter, Tania Nugent, told the Brisbane audience: “Sean thank you. Thank you for everything you’ve done. Thank you for planting the seed for a generation of all of us.”

Dorney is tackling his disease with his trademark humour and optimism.

He says: “Having captained the Kumuls, having won a

Walkley award ... those things pale into insignificance when you can get your socks and shoes on in less than 10 minutes.” ■

**Husband and wife ... Sean Dorney with Pauline. They married in 1976.**



PICTURE: SUE AHEARN



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## MY PNG

BY NALAU BINGEDING

## A coastal village that beckons for ecotourism

White-sand beaches, colorful coral, waterfalls and turtle hatchlings scurrying across the sand: what's not to like?

**B**usamang village, in Morobe Province, is on a stretch of beach south of Lae. The village can be reached by speedboat from the city in 40 to 50 minutes.

Busamang villagers live a laidback lifestyle, engaging in fishing, subsistence gardening and sago making. They sell dry coconuts, fish, turtle eggs and sago to sustain their livelihoods.

The village is endowed with beauty, including long, white sandy beaches, crystal-clear seas with colourful coral and fish species, as well as pristine waterfalls.

The crystal-clear seas are perfect for snorkelling and diving.

I know of an expatriate family that regularly goes to Busamang on weekends and public holidays to swim in the sea. The father usually snorkels while the mother gives her

two children swimming lessons.

Huge leatherback turtles come ashore from September to December and lay eggs along a stretch of beach between Busamang and Labu Tale villages.

Later, hatchlings break out from the eggs and scurry to the sea.

The scenic Bulaa waterfall is a 20-minute walk from the coastline. Water tumbles off a 15-metre high sandstone cliff, with the cascade

creating mists and a thundering sound that can be heard miles away.

Bulaa is an historic place for Busamang village and the Evangelical Lutheran Church of Papua New Guinea. Bulaa was home to a thriving church-run teachers college for girls in the colonial days. However, the school was moved to what is now the Balob Teachers College in Lae.

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“

The village can be reached by speedboat from the city in 40 to 50 minutes.

”

Tourists love the beauty and tranquility of the waterfalls.

Busamang has several scenic waterfalls, but the others are much further inland and harder to reach. However, if ecotourism is to become a business venture for the Busamang people, they will have to find ways to make these waterfalls more accessible.

The government of Papua New Guinea is encouraging ecotourism to generate income for the country and some villagers have set up guest houses. However, the number of tourists coming to the village is lacking at the moment. ■



Fun in the sand ... children on the beach at Busamang village.

*'My PNG' is a column in which Papua New Guineans write about where they live, or about a part of the country they know and love. If you wish to contribute, email [paradise@businessadvantageinternational.com](mailto:paradise@businessadvantageinternational.com).*



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## A PIECE OF PNG: GRASS SKIRTS

### WHAT ARE THEY?

Grass skirts are the traditional form of dress for women in many parts of Papua New Guinea. They are not, as the names suggests, usually made from grass, and are better described as fibre skirts.

### WHERE ARE THEY MADE?

Because they are an essential component of traditional dress in many areas, grass skirts are still made all over the country, particularly in coastal villages. The size, shape, design and colour vary from village to village, reflecting different cultures.

### WHO MAKES THEM?

They are usually made by both the men and women of the village. In areas where there are a lot of mangroves, suitable for sago and nipa palm, skirts are produced by villagers in large numbers for trade with areas lacking this resource.

### HOW ARE THEY MADE?

They are made from various plant materials found in the local area, such as the leaves of sago palm, nipa palm, banana and pandanus. The Roro,



Waima, Mekeo and Motu people of Central Province, for example, use sago fibres to make skirts, sometimes with an underskirt of nipa palm fibre. The fibres come from the central 'spear' of unopened leaves when a palm is cut down. These leaflets are de-ribbed and split into strands of the desired width before being dried and dyed ready for assembly into a skirt.

### HOW ARE THEY DECORATED?

Some skirts are utilitarian and plain, whereas others are coloured with natural dyes. The distinctive local styles – differentiated by design, length, colouring and decoration – make them recognisable as coming from a particular area or region. For example, grass skirts in the Central Province are below the knee, often with zigzag designs dyed red and green, or perhaps vertical stripes of colour. Some designs are specific to certain clans, whereas more generic designs are made for trade or sale. The distinctive three-layered skirts worn by Trobriand women, called *takulakola*, tend to be shorter than skirts from other parts of Milne Bay. In Manus, women's dress consists of two woven sago fibre aprons of unequal length that hang front and back, held together with a strong fibre girdle.

### HOW WERE THEY USED TRADITIONALLY?

Plain skirts were worn by village women as everyday dress but, very much like Western cultures, the best grass skirts were kept for dancing at special occasions such as *sing-sings*, marriage, and bride price ceremonies. Grass skirts were best seen during traditional dance displays. A girl's transition through the social statuses of puberty, readiness for marriage, marriage, mourning and widowhood might each be marked with receipt of a new skirt. When not in use, grass skirts were rolled up and kept somewhere dry, such as in the rafters of the house. Similar to other goods that constituted traditional wealth, grass skirts were also used as an item of trade.

### WHERE CAN GRASS SKIRTS BE BOUGHT?

They are not usually sold in craft shops because they can easily deteriorate if not looked after properly. But keep an eye out for them for sale at festivals. ■

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Kevin McQuillan speaks to a PNG geologist who likes to swim with massive whale sharks when he's not working in the mines.

# A whale of a time for geologist

Intimidating, fascinating and mystical is how Papua New Guinea-born geologist Ken Unamba describes one of his favourite past times in the Philippines – swimming with whale sharks.

It's a big tourist attraction for the town of Oslob, at the southern end of the island of Cebu.

Unamba has been working in the Philippines and living with his family in Cebu, the country's second-biggest city, for the past eight years. Prior to the Philippines, he worked in Nigeria, after starting out at Porgera Gold Mine and other projects in PNG.

Born in Morobe Province, Unamba was educated at Kulungtufu Community School, Dregerhafen High School and Passam National High School before graduating with a bachelor of science in geology from the University of PNG in 1992.

He describes his first job at Porgera as "very, very exciting".

"We were producing over one million ounces of gold a year at that time, which is very rare in the world, and I was in the midst of it," he tells *Paradise*.

Over the next 10 years, he worked as a senior and then supervising geologist at Tolukuma Gold Mines, Wafi-Golpu Project, and Woodlark mines in Milne Bay.

And then it was to Nigeria, West Africa, for three years where he set up the Segilola Gold Project for Perth-based CGA Mining.

"It was one of the most interesting, challenging and exciting times of my career," he says.

While still working in Nigeria, a seven-month PNG stint saw him setting up a mechanised alluvial gold mining project with local lease holders and investors in Wau. The project was providing full-time employment for more than 50 locals, until some mechanical issue and funding shortfalls put it on hold.

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But the success of the Segilola project saw CGA Mining offer him a role leading an exploration team at the Masbate Gold Mine in the Philippines.

"I've been working here for more than eight years now. It's the longest time I've worked for one company in one place, but as the Filipinos say, 'it's more fun in the Philippines'.

"My work here has really taught me some lessons about mining and how to take care of the environment as well as local people.

"In the Philippines, the environmental regulations are very stringent. Even the mine run-offs are captured and professionally disposed of in properly engineered dumps."

Unamba's wife of 30 years is Jinna Zanggo Unamba, from Oetiqeti village, Finschhafen.

His fly-in, fly-out roster means 20 days on, eight days off, and his time off is spent with his six children. His eldest daughter, Yarrowe Kaiffar, graduated with her commercial pilot's licence in Queensland in 2015. The others are still in school.

A favourite family activity has been swimming with the massive whale sharks, some having been recorded as long as 12 metres.

"It's a bit intimidating at first, but quite a fascinating experience when you see these massive giants from just below the surface, like dark mystical-looking shadows gracefully gliding past

you with ease and elegance and without creating a ripple on the surface.

"When we last went, there were several huge whale sharks and a couple of young ones which were being fed, and they go around in a big circular pattern about 20 metres off shore." ■



Ken Unamba ... has worked on mining projects in PNG, Nigeria and the Philippines.

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**SAINT PETER, SYDNEY, AUSTRALIA** REVIEW

This slip of a restaurant, easily missed among the shops in one of Sydney's busiest retail strips, is a game-changer, but it's not game we're talking about, it's seafood.

With just 34 seats, the restaurant is comfortably packed most nights.

Chef and co-owner, Josh Niland, is re-inventing how Australians prepare, cook and eat seafood through his dry-ageing techniques and nose-to-tail philosophy.

Nose-to-tail is a euphemistic way of referring to offal. "But that doesn't mean confronting guests with anything slimy or gross," he says.

Instead, Niland's menu marries

experimental with traditional. An entree of John Dory liver with parsley on crusty rye sits next to round circles of fish blood black pudding and a pile of blue eye trevally chips.

The chips look like gourmet prawn crackers, but are made from blended fish eyeballs. Far from gory, it's a trio as pretty as any antipasto plate, and as tasty too.

For main, I choose Mirror Dory that has been hanging for 22 days.

Niland's dry-ageing techniques are unique in that he doesn't use salt, pickling or water, but a combination of cool and dry environments. This process gives the skin a crispy finish and the flesh a natural unadulterated flavour. ■



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BY BRONWEN GORA

# Pineapple and papaya:

## A MATCH MADE FOR HEAVENLY HEALTH



**P**ineapple and papaya run neck and neck for the title of Papua New Guinea's favourite tropical fruit because they are sweet, juicy and plentiful.

They are also two of the most powerful fruits in the nutritional department, possessing important digestive enzymes, as well as some of the most effective anti-inflammatory properties of all fruits. From helping heal wounds, soothing arthritic complaints to soothing our stomachs, ingesting either of these two fruits has been found to play a major role in improving a sense of well-being.

Papaya and pineapple contain proteolytic enzymes, which break down proteins, particularly meat. This leads to better absorption of vitamins and minerals while reducing the unsettling feelings of bloating and indigestion.

Papaya enzymes – known as papain – are extracted from the leaves and fruit of the papaya plant and are also good for dispelling painful cramps.

Pineapple enzymes, or bromelain, are found in pineapple juice as well as the stem of the plant. Research shows bromelain to be particularly effective to help heal muscle injuries, boost immunity, and even fight tumours.

Papaya's enzymes are renowned for being anti-microbial and anti-ulcerative and therefore have been traditionally used to treat gastrointestinal problems, especially stomach ulcers. Western medicine uses papaya enzymes to treat skin afflictions, wounds, diabetic ulcers, lesions and burns. Papaya also has powerful anti-inflammatory properties, said by some to reduce the severity of rheumatoid arthritis, colds, ulcers and more, and like pineapple, its healing benefits are particularly effective for treating sports injuries such as torn ligaments and muscles.

Both papaya and pineapple are packed with vitamin C, which is known to boost immunity against disease as well as protect against damaging free radicals.

Vitamin C is a primary weapon in the fight against free radicals, the possible cause of many leading health problems in the South-East Asian and Pacific regions such as atherosclerosis, heart disease, bowel cancer, and the joint pain seen in osteoarthritis and rheumatoid arthritis.

There is no denying both taste fabulous, too.

Pineapple is wonderfully juicy, sweet when perfectly ripe and is best served in chunks. Papaya's smooth buttery flesh inspired explorer Christopher Columbus to declare it the "fruit of the angels".

For full flavour serve papaya and pineapple at room temperature. When cut, the fruit can maintain its nutritional properties for up to five or six days if kept refrigerated.

One of the easiest and simplest ways to eat pineapple and papaya is to combine them in a salad with a scattering of herbs such as mint and/or coriander, some toasted nuts and either shaved coconut or coconut cream with a dash of lime juice.

### PAPAYA, PINEAPPLE AND MINT SALAD

#### INGREDIENTS

½ red papaya, peeled, deseeded, and sliced to your liking

½ pineapple, peeled, core removed and sliced into wedges or chunks

2 tablespoons mint and/or coriander leaves, shredded  
2 tablespoons flaked almonds, toasted lightly in a pan on the stove until golden brown  
½ cup thick plain yoghurt or coconut cream

Juice of two limes, lime wedges to serve

#### METHOD

1 Mix the papaya, pineapple and mint together gently in a large bowl.

2 Divide the fruit mixture between four bowls and sprinkle with the toasted almonds. Top with a dollop of yoghurt or coconut cream, drizzle with lime juice and serve with extra lime wedges.





## STOP PRESS: MALARIA UPDATE

Papua New Guinea recently marked World Malaria Day with an official ceremony, with representatives from the governments of PNG, Australia and China speaking of their collective aim to eradicate malaria from PNG for good. The Australia–China–Papua New Guinea Trilateral Malaria Project aims to rid the country of malaria by 2020.

As part of the project, the Chinese Government has provided a substantial amount of anti-malaria drugs to PNG and is supporting malaria control throughout the country, with the help and backing of the Australian and PNG governments.

Australian High Commission representative, Andrew Dollimore, says continuous support



will be given to fight malaria and help “create awareness on malaria-related health issues, and reflect on measures of preventing, controlling and eliminating the illness in PNG”.

“Apart from Africa, Papua New Guinea has the highest malaria burden in the world,”

according to Dr Paison Dakulala, deputy secretary for the National Department of Health, adding that malaria is easily preventable.

The simplest preventative measures against contracting malaria, according to the peak malaria body [malaria.org](http://malaria.org), include using insecticide-treated bed nets, wearing long-sleeved clothing at dusk, dawn and night, and using insecticide generally.

These steps, in combination with the medicines now available, mean the race to eradicate malaria can soon be won, authorities say.

**See [malaria.org](http://malaria.org).**

## FOOD SAFARIS A BIG HIT IN FIJI



Leading Fiji boutique resort Nanuku Auberge on Viti Levu has found

that its most popular activity is also one of the healthiest: a food tour focusing on local fresh produce and organically grown fruit, vegetables and herbs. What’s more, the tours are resulting in an increasingly organic five-star resort menu unique in Fiji.

The safari begins with a trip to the local market in Navua, 20 minutes from Nanuku, with a Nanuku Resort ‘buddy’. The buddy wanders around with the guests, who are able to select their favourite fruit and vegetables, which are then used in a rustic

Fijian-style cooking experience back at the resort.

The tour also includes a stopover at nearby Ranadi Plantation – a 100 per cent organic farm managed primarily by local women. Nanuku Auberge Resort is gradually incorporating an increasing amount of Ranadi Plantation’s organically grown produce into its resort menu, under the guidance of newly appointed chef Oliver Scarf (ex-Laucala and The George, Christchurch, New Zealand).

Back at the resort, guests learn how to make their own coconut milk, prepare the local dish *Kokoda*, a fish ceviche that is also popular in PNG, and are shown the traditional Fijian way of cooking freshwater black prawns – in bamboo tubes on an open fire – before enjoying every morsel for a sumptuous lunch.

More adventurous guests can immerse themselves in local ways by taking the tours held on moonlit nights to forage for the freshwater prawns.

**See [nanukufiji.com](http://nanukufiji.com).**

## NIUGINI ORGANICS FOR ALL

If you are looking for a genuine Papua New Guinea-made health and wellness product that not only benefits the buyer but also the people who make it, it is hard to go past Niugini Organics.

The country’s leading producer of coconut oil-based cosmetics and pure soaps employs over 40 people, helping support 200 families.

In the latest success for the company, its oils are now being

used by Australian manufacturers of natural organic products such as Pure Deo Co, Paleo Rumbles and People of the Earth Sun Zinc – some of which are available on the [niuginiorganics.com](http://niuginiorganics.com) website shop.

Niugini Organics coconut oil is unique – from wild harvested coconuts grown in rich volcanic soils by farmers who own their own land (so not plantation) and work under fair trade principles.

Niugini Organic Coconut Oil is a white, semi-solid oil that becomes liquid when warm and is perfect for baking, frying or brushing over meat and vegetables.

Niugini Organics is also one of the few manufacturers to use coconut oil as a base for soap. Other ingredients include patchouli oil pressed in PNG, lavender from

Tasmania in Australia, and lemongrass from South India. ■  
**See [niuginiorganics.com](http://niuginiorganics.com).**



### Nintendo game console

For the gamers out there, the Nintendo Switch could revolutionise travel entertainment. To bring it from home onto a long plane ride, all you need to do is pull it out of the dock and reattach the controllers. With a slick tablet display and the ability to link up to eight consoles for multi-player games, it will make those long-haul flights flash by. *About PGK972; nintendo.com.*



### Tricky tripod

Lugging bulky tripods around on travels isn't fun, but not taking one isn't an option for keen travel photographers. MeFoto's Backpacker Air tripod, however, is ultra-lightweight, folds to a nifty 26 centimetres and includes a removable centre column that doubles as a Bluetooth-enabled selfie stick for your phone. Available in funky colours, including blue, orange, purple and green. *About PGK257; mefoto.com.*

### Cloud view

Check on your home, pets or kids while you're on holiday with Amazon's high-definition Cloud Cam, which sends you notifications whenever it detects motion. With infrared night vision and two-way audio, this James Bond-worthy camera can also send a live feed to an app on your phone or other Amazon devices, and lets you review clips of the last 24 hours. *About PGK390; amazon.com.*



### Osprey luggage

There's a time in every traveller's life when a duffel just won't cut it, but a pack is too much. Enter Osprey's Porter 46: its contoured hip straps and low centre of gravity help distribute weight, and padded sidewalls and compression straps ensure your precious cargo stays safe and can be quickly and easily unpacked. There's a quick-access tablet pocket in the rear panel, and the harness and belt can be zipped into the back for safekeeping when you check the bag. Available in teal, black, grey and red. *About PGK488; osprey.com.*







### Travel suit

A classic shape with a little stretch, J. Crew's Ludlow suit is ideal for frequent flyers who regularly find themselves rushing from the plane to the boardroom. Made from breathable Portuguese cotton that's unlined and unpadded for maximum versatility, it is res chic as are its slim fit and double-button closure. Comes in oatmeal, light grey and navy. About PGK694; [jcrew.com](http://jcrew.com).



### Natural insect repellent

Wild Herbarry's Buzz Off insect repellent is completely natural, free of alcohol and nasty chemicals and great for sensitive skin. Made with a combination of pure essential oils, organic witch hazel, organic jojoba oil and more, it smells so delicious you could wear it as a cologne. It can also be used as a room and linen spray for extra protection. About PGK54; [wildherbarry.com](http://wildherbarry.com).

### VR headset

You may not use your Google Daydream View every day, but for travel inspiration this virtual reality soft-fabric headset is next level. The recently released second generation comes with improved optics and a price tag that's just right for anyone wanting to experience exotic destinations without leaving their living room. Available in coral, grey and black, for about PGK322; [vr.google.com](http://vr.google.com).



### Waterproof boots

Duluth Trading Company's Grindstone waterproof boots are perfect for outdoor escapades. The full-grain leather upper is covered front and back with a hard-wearing material called TecTuff, and the sole helps the boots shed mud, so they'll stay clean no matter how rugged the trails. They're 100 per cent waterproof and breathable and come with a Dri-Lex lining that will keep your feet smelling like daisies, too. About PGK454. See [duluthtrading.com](http://duluthtrading.com).



### Floating speaker

The Ultimate Ears Wonderboom has sensationally bright sound quality and near-limitless battery life. But what really got us excited about this little waterproof and dustproof Bluetooth speaker is the fact that it floats, making it as useful by the pool and at the beach as it is in the shower and on rainy day adventures. There's a hanging loop to easily attach it to a bag or bike, and it comes in some fun colour combinations, including blue with orange, and purple with green. PGK317; [ultimateears.com](http://ultimateears.com).



### Wetsuit bag

It's not only soggy swimwear that Flight 001's Go Clean wetsuit bag is good for. Made from heavyweight nylon that's water-repellent on the outside and lined with polyurethane to contain dampness, it also conceals bad smells and messes, making it useful for dirty laundry, explosion-prone toiletries and more. Comes in blue and pink, for about PGK59; [amazon.com](http://amazon.com).



### Airpod headphones

They may look a little funny, and you do have to remember to bring your charging case with you when you travel, but once you try Apple's wireless Airpod headphones you'll likely never go back. The cordless earbuds deliver sharp, clear sound, give five hours of battery life on a single charge and are so comfortable and lightweight you'll forget you're wearing them. If you use them with an Apple device, they'll even stop playing when you pull one out of your ear. About PGK559; [apple.com](http://apple.com).



## Mamma Mia: Here We Go Again

Cast: Meryl Streep, Amanda Seyfried, Cher

Ten years after the 2008 original *Mamma Mia*, the ABBA songs that defined a generation are back in *Mamma Mia: Here We Go Again*. The first film's stars – including Meryl Streep, Amanda Seyfried, Colin Firth, Christine Baranski and Julie Walters – return in this latest version. This new adventure, however, also brings a whole bunch of new faces to the Greek isle where the film is set. There's Lily James as the young Meryl in flashbacks, Andy Garcia as Fernando (guess which ABBA song is about him), and music icon Cher who sets off her own set of scandalous fireworks in this Mediterranean paradise.



## The Incredibles 2

Cast: Holly Hunter, Samuel L Jackson, Bob Odenkirk

That 2004 superhero comedy *The Incredibles* made icons out of working class parents Mr Incredible and Elastigirl, their three children, and super fashion extraordinaire Edna Mode. Fourteen years later, they are finally all back in a new adventure. This new film sees wife and mother Elastigirl become the face of a new evil-fighting corporation, while Mr Incredible remains at home to help with maths homework and breakfast duty. That blending of sci-fi adventure with the banalities of modern-day domestic life is a large part of what made the original such a wonderful and lasting film – it also won two Academy Awards – and audiences will no doubt thrill once again to its visual humour. In an age of endless Marvel and DC films, *The Incredibles 2* stands out for its inventiveness and colourful fun.



## Crazy Rich Asians

Cast: Constance Wu, Michelle Yeoh, Awkwafina

This groundbreaking adaptation of the much-loved best-selling Kevin Kwan novel *Crazy Rich Asians* stars Constance Wu from popular American TV sitcom *Fresh off the Boat*. Wu is Rachel Chu, a middle-class economics professor who travels to Singapore with her new boyfriend (Henry Gouling in his acting debut) to meet his family, only to discover that they are among the 10 wealthiest families in the small but densely populated island nation. Michelle Yeoh, an international superstar thanks to *Mission: Impossible 2*, *Memoirs of a Geisha*, *Star Trek Generations* and most famously *Crouching Tiger, Hidden Dragon*, is the domineering mother, and Awkwafina, also to be seen in the new *Oceans 8* with Sandra Bullock, is Rachel's cashed-up shopaholic friend.



## Mary Shelley

Cast: Elle Fanning, Maisie Williams, Douglas Booth

Director Haifaa Al-Mansour attracted attention with her 2012 film *Wadjda*, the first Saudi Arabian film ever to be directed by a woman. Hailing from a background in documentary, this trailblazing filmmaker now turns her eye to the story of Mary Shelley, the British author of *Frankenstein*, one of the most famous and beloved novels of all time. Elle Fanning stars as Shelley, just 21 when the book was published, and Douglas Booth is Mary's drunk husband whose cavalier nature infused Shelley's writings and who many erroneously assumed was the true author of her macabre masterpiece. This lushly produced period picture is full of divine costumes within decadent mansions and playhouses. Al-Mansour's eye is pivotal to making *Mary Shelley* a true insight into the mind of a woman rather than just another pretty film about a famous woman. ■

**Port Moresby's Paradise Cinema screens many of our previewed movies. For screening dates and session times, see [paradisecinemaspng.com](http://paradisecinemaspng.com).**





# PUBLIC + PRIVATE + PEOPLE = A FUTURE-READY PORT OF LAE

To support the flourishing Lae fisheries sector—a major growth driver of the Papua New Guinea (PNG) economy—as well as the Morobe Province's industrial base (especially its agro-processing and mining sectors): this is the vision for the Port of Lae. With the redevelopment, the port is geared to become a premier hub for Asia-Oceania trade. Key to the port program are the partnerships between the public and private sectors, and the private sector and host communities.

Port authority PNG Ports Corporation Ltd. having successfully overseen the 2014 initial upgrade in Lae, is keen on ramping up operational efficiencies and port performance, towards Lae's increased competitiveness in the South Pacific, and to boost regional trade capabilities.

Private sector partner International Container Terminal Services, Inc. (ICTSI), through PNG unit South Pacific International Container Terminal (SPICT), is investing in major equipment upgrades and leading-edge information technology. Equally significant are its investments in the people being hired for the redeveloped port.

Partner Communities represented by AHI Investments Ltd. and Labu Holdings Ltd. are engaged across several areas in the program. They will benefit directly from

port employment, with global standard training and benefits packages, and career pathing and mentoring.

Underpinning the sustainable port development are community programs to be carried out by the ICTSI Foundation, AHI Hope Foundation, the national and local governments, and host communities.

Together, the PNG Government, ICTSI, and the Partner Communities are optimizing PNG's potential across borders—and working for development that is sustainable across generations.



Headquartered in Manila, Philippines, International Container Terminal Services, Inc. (ICTSI) is in the business of port development, management, and operations. Independent of shipping, logistics, or consignee-related interests, ICTSI works transparently with all port community stakeholders. Operating in both developed and emerging market economies—in Asia Pacific, the Americas, Europe, the Middle East, and Africa—ICTSI has received global acclaim for its port privatization partnerships with governments.



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### ***A Brief History of Time* (Penguin Random House), by Stephen Hawking**

One of the most brilliant theoretical physicists in history writes a modern classic. It doesn't quite sound right but Hawking's *A Brief History of Time* has helped a constellation of non-scientists understand fundamental questions of physics and our existence: where did the universe come from? How and why did it begin? Will it come to an end and, if so, how?

The book was published more than two decades ago, and with the passing of Hawking in March, it seems a reasonable time to honour the man further and remind the world of his book.

Hawking is one of the great minds of our time, but just a small part of his greatness comes from him writing in language we all can understand. His book explores black holes and quarks, antimatter and the big bang, and wondrous and unexpected possibilities. Somehow Hawking brings us closer to the ultimate secrets at the heart of creation.

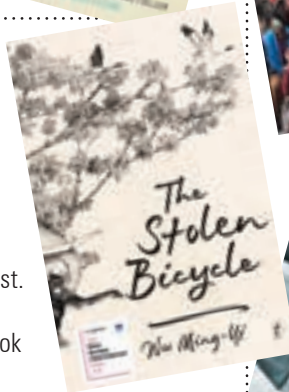


### ***The Stolen Bicycle* (Text Publishing), by Wu Ming-Yi, translated by Darryl Sterk**

This 40-something author is widely considered the leading writer of his generation in his native Taiwan. A literary professor, he is also an environmental activist, butterfly scholar and artist.

Ming-Yi is also a serial collector of literary awards and has won the China Times Open Book Award six times. *The Stolen Bicycle* was long-listed for the Man Booker International Prize in 2018. It is about a writer who embarks on an epic quest in search of his missing father's stolen bicycle. However, he soon finds himself caught up in the strangely intertwined stories of Lin Wang, the oldest elephant who ever lived, the soldiers who fought in the jungles of South-East Asia during World War 2; and the secret worlds of the butterfly handicraft makers and antique bicycle fanatics of Taiwan.

*The Stolen Bicycle* has been described as both a majestic historical novel and a profound, startlingly intimate meditation on memory, family and home.



### ***The Barefoot Surgeon* (Allen & Unwin), by Ali Grippner**

This is the story of a boy from the lowest tiers of a rigid caste system who grew up in a small, remote Himalayan village with no school, to become one of the most respected ophthalmologists in the world and a medical giant of Asia.

Dr Sanduk Ruit took on the world's medical establishment to give the life-changing gift of sight to hundreds of thousands of the world's poorest and most isolated people.

Actor Richard Gere is just one of the good doctor's fans: "I've known Dr Sanduk Ruit for over 30 years. He is one of our greatest living eye surgeons and humanitarians ... watching him give the gift of sight is like watching someone give a second life."

Ruit's mentor was Australian doctor Fred Hollows (whose foundation has a presence in PNG) and it is no coincidence that both men chose to defy the world's medical establishment, and its lure of riches, to offer the wealth of sight to those in need.



### ***The Lost Pilots: The Spectacular Rise and Scandalous Fall of Aviation's Golden Couple* (Pan Macmillan), by Corey Mead**

The Sahara Desert, February 1962: the wreckage of a plane and its long-dead pilot emerge from the sands. Who was he? And what had happened to him?

Baker Street, London, June 1927:

Jessie Miller, 25, has fled a loveless marriage, longing for adventure in London. At a gin-soaked party, she meets Bill Lancaster, fresh from the Royal Air Force, his head full of a scheme that would make him as famous as Charles Lindbergh, who has just crossed the Atlantic.

Lancaster wanted to fly from London to Melbourne and in Miller he knew he had found the perfect co-pilot.

By the time they landed in Melbourne, the daring aviators were a global sensation and, despite still being married to other people, in love. Keeping their affair a secret, they toured the world until the Wall Street Crash changed everything after the funds disappeared.

A shocking crime occurred thereafter. The trial that followed put the couple back on newspaper front pages and drove Lancaster to a reckless act to win back what he had lost.

This story is based on the author's many years of research, a work of narrative non-fiction that offers one of aviation's leading female pioneers a place in history. ■







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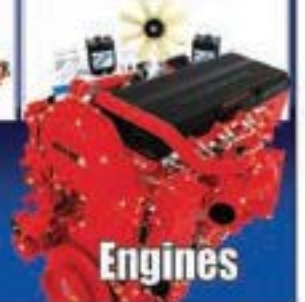
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## Sunny skies, calm seas and A POSITIVE ECONOMIC OUTLOOK

The Solomon Islands, 1400 kilometres east of Papua New Guinea, is a country that is making big economic advances. Although it faces many of the familiar challenges confronting developing Pacific economies, such as a narrow industry base, the country has been making some positive gains.

According to the United Nations' Human Development Index, between 2000 and 2015 the Solomon Islands' rating increased from 0.442 to 0.515 – an improvement of 16.5 per cent.

The UN estimates that between 1990 and 2015, Solomon Islands' life expectancy at birth increased

by 11.4 years, mean years of schooling increased by 0.7 years and expected years of schooling increased by 3.6 years.

Over the same period, Solomon Islands' gross national income per head (GNI per capita) increased by 14.8 per cent.

The bulk of the population depends on agriculture, fishing and forestry for at least part of its livelihood. Most manufactured goods and petroleum products must be imported. The islands are rich in undeveloped mineral resources such as lead, zinc, nickel and gold. Some calculations put the country's GDP at \$US1.317 billion in 2017.

The Asian Development Bank's *Asian Development Outlook 2018* notes that cash crops, fishing revenue and construction remained strong in 2017, but economic growth slowed because of a decline in logging exports.

"Inflation decelerated on lower food prices, and the current account deficit almost halved. Slower growth is expected in 2018 and 2019 as new construction only partly offset a likely further decline in logging output. Progress is being made in implementing a much-needed national transport plan, but challenges remain."

Jay Bartlett, chairman of the Solomon Islands Chamber of

Commerce and Industry, says progress on broadening the country's agricultural base has been relatively slow in the short term. "There is a little bit of small niche products getting exported at the moment but nothing very substantial."

In the medium term, however, there are plans for expansion of the palm oil industry.

A subsidiary of New Britain Palm Oil, GPPOL, is, says Bartlett, looking at an expansion program in the Guadalcanal, in the east of the country.

"GPPOL is looking at more plantations; that is in the pipeline. There just needs to be some key







David James reports that economic advances are being made in the Solomon Islands, providing plenty to smile about.

infrastructure built: two bridges to open up access.”

Bartlett says there are some cassava exports but it is still on a “quite small scale”. Virgin coconut oil production has been growing slowly, but could potentially be affected by spread of the coconut rhino beetle.

“That is a huge threat to the livelihoods of our rural population that depends on the coconut industry. It is also having a negative impact on the palm oil industry, as well. It is spreading around the Solomons at the moment and being found in a number of different provinces.

“A task force has been established. The Chamber of Commerce is working with the Government and the Ministry of Agriculture. The private sector is taking the lead to find a solution. It needs to be a biological solution ... a virus that will kill it.”

Bartlett says the government is embarking on a three-year review into tax reform “to ensure that its administration is efficient and simpler”. He describes it as a very positive step.

“We in the private sector, the Chamber of Commerce, we are part of the committee so we are trying to ensure that the government understands ➤

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## A positive economic outlook

the business point of view and how we would like to see the reform happen.

"It will broaden the base, make tax easier to pay and broaden the net. There is a large informal sector that at the moment isn't contributing to government revenue so hopefully we can look at getting more businesses into the formal sector with a simplified tax system. That is something we can promote."

Bartlett says the members of the chamber are businesses that "contribute and comply". He says it is hard to say what the level of compliance is across the whole economy. "We believe there is a lot of room for improvement."

Two positive developments for the Solomon Islands are the Tina River Hydropower Development Project and the Solomons Undersea Cable Project (which will be mainly funded by the Australian Government). The ADB estimates that these will start contributing to economic growth in 2019.

Bartlett says the laying of domestic cables is expected to begin in May 2019. The main international cable will go into Honiara and there will be three additional domestic connections. He says it will "definitely" lead to more efficiency in business, lower costs and increased speeds.

Bartlett says after that immediate impact, experience suggests that consumption will double every year for the first five years. "It creates other avenues where we can use technology a lot more to deliver services and infrastructure; connectivity is always a challenge and logistics costs are always very expensive. I think innovation is a big area that can grow from this."

The Solomon Islands is mostly Melanesian, and has strong cultural connections with PNG.

“  
I think people that invest and run business in Papua New Guinea and Melanesia probably see the Solomons as a good opportunity as well.  
”

"I think people that invest and run business in Papua New Guinea and Melanesia probably see the Solomons as a good opportunity as well," says Bartlett.

A trade delegation from the Solomons to PNG is being planned. "It will be a partnership between the private sector and government just to gauge what sort of interest we can get in PNG and also for us to go on a bit of a learning mission as well.

"There is a lot of innovation that is happening in Papua New Guinea with agriculture. So maybe there are some



**Jay Bartlett ... chairman of the Solomon Islands Chamber of Commerce and Industry.**

Monetary Fund (IMF) the Australia-led Regional Assistance Mission to Solomon Islands (RAMSI) withdrew this year after 14 years, "having succeeded, together with the authorities, in restoring law and order and re-establishing public institutions".

RAMSI was established in 2003 to deal with ethnic violence, the closure of key businesses, and government fiscal stresses.

Bartlett says the relationships remain. "It has just changed from the mission to a bilateral relationship so we still have

“  
The bulk of the population depends on agriculture, fishing and forestry for at least part of its livelihood.  
”

lessons we can learn and bring back. We are still in dialogue with the Port Moresby Chamber, the Trade Commissioner and the High Commissioner in PNG but we would like to do it this year, working towards September."

The Solomon Islands is recovering from some serious civil conflict. According to the International

a lot of support from the Australian government. One of the things we are doing as a chamber is working with law enforcement and police to build trust and confidence in business, and to encourage more investment.

"The Solomons is a safe country. But we do have a lot of (negative) elements like unemployment,

which is very high. We have also got a very young population.

We are talking seven out of 10 under 30 – so similar demographics as PNG.

"With a lack of economic opportunity for young people and a lot of unemployment, in the future security could be a concern. So we are just looking at ways we can address this holistically. Not just focus on how we can stop it, but also why these issues are there."

Land ownership is another issue, says Bartlett.

"Accessibility to land is always challenging. Similar to Papua New Guinea, most of the land is customary owned." Bartlett estimates 85 per cent of the land is customary land and only 15 per cent is registered land.

"With the majority of our land we need to get some ownership structures in place so we can move on development and get infrastructure in place. There are different models in the Pacific.

"Some of them are quite successful, like in Fiji – they have the Native Land Trust Board that manages this. But it is a long-term process. Land reform is about people, not land. We have to go through some sort of identification process to really understand who is there and what people own. It is not something that is going to happen quickly. It will take some time and it needs a lot of political will to drive it."

Bartlett adds that the Solomons chamber represents "a quite diverse group of businesses".

He says the big-ticket items are infrastructure, the cost of business, utilities, roads and general business efficiency.

He says the cost of internet is also prohibitive, but he expects that to fall with the laying of the overseas cable. ■





# Solomon Is. Epic

## FLY FISHING



A positive economic outlook



# The Solomons strengthens its finances

The good life ... tourism in the Solomon Islands is on the increase.

According to the Asian Development Bank (ADB), economic growth in the Solomon Islands slowed to 3.2 per cent in 2017, down from 3.4 per cent in 2016.

Log output decreased by almost 2 per cent in 2017 to 2.65 million cubic metres from a high of 2.69 million cubic metres in 2016. But output in copra rose by 35 per cent and fish by 15 per cent. Mining and tourism have also expanded significantly, albeit from low bases.

The current account deficit almost halved in 2017 from the equivalent of 4.9 per cent of GDP in 2016 to 2.5 per cent, reflecting "low international food prices, strong exports, and continued inflows of grants from development partners".

“  
Output in copra rose by 35 per cent and fish by 15 per cent. Mining and tourism also expanded significantly.”

Merchandise exports grew by an estimated 12.0 per cent in 2017, up from a 0.6 rise in 2016.

The Solomon Islands in 2017 recorded a budget deficit estimated to be equal to 4 per cent of GDP. This is likely to improve in 2018.

According to Donald Kiriau, treasurer of the Economics Association of Solomon Islands, the government is moving from adopting expansionary budgets towards balanced budgets. He said

“that in the 2018 Budget, revenues were 12.8 per cent higher than in the draft budget, and domestic revenues were up 12.3 per cent “due to new measures by the IRD (internal revenue department).” Expenditures were revised up 4 per cent from the draft budget.

The positive of this fiscal consolidation, according to Kiriau, is that it instigates a “cycle towards fiscal consolidation and a balanced budget.” The downsides are that a

tighter budget will reduce capital expenditure and impede long-term growth and productivity.

The rise in taxes would also increase the burden on businesses and there is less likely to be support for key growth businesses.

According to Andrew Harris, a partner at Deloitte PNG, changes to withholding taxes and petroleum tariffs have been “effective”. About a third of the government revenue comes from goods tax and a quarter from personal income tax. He says the Solomon Islands has the highest level of tax collection amongst Pacific countries. It is 33 per cent of GDP, which is about double the level in Papua New Guinea. ■

— DAVID JAMES





A positive economic outlook

# Q&A DEREK AIHARI

The director of InvestSolomons says the country is open for business and looking to develop its already close links to PNG.

**Q: What are the main sectors you are promoting to the international business community?**

A: The growth is in the services sector. One of the ideas is to promote the tourism sector, as well as the mining and minerals sectors. We have a number of reforms going on. The government has a plan to develop a special economic zone, where we can offer incentives. We have a tuna cannery and we are currently looking at one more in Malaita Province, the biggest province in the Solomons. Work is underway.

Soon, we'll be looking at investors to come and develop that place.

**Q: What is the regulatory framework like? How easy is it for foreign companies to set up?**

A: We have undergone some reforms. In November 2016 we improved the system of registration. We now have an online registry system. It will make it easier for foreigners to register, as well as locals, and incorporate a company or list a business name.

**Q: What are the main PNG companies doing business in the Solomons?**

A: PNG is ranked third in terms of foreign direct investment for the Solomon Islands. One of the investments is Guadalcanal Plains Palm Oil, which is originally from Papua New Guinea (New Britain Palm Oil). In the services sector, we have Bank South Pacific (BSP) with us – they took over the role of Westpac. Also Credit Corporation, another financial institution. In the tourism sector, we have one of the biggest hotels in Honiara: the Heritage Park.

We also have a number of PNG investments in retail. ■



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A positive economic outlook

# Travellers' tips

## VISAS

Free visas valid for 90 days are issued on arrival for most nationalities, including Commonwealth, US and European visitors. To ensure the visa is issued, visitors should have return or onward tickets.

## INTERNATIONAL/ DOMESTIC FLIGHTS

International flights land at Honiara's Henderson Airport. Air Niugini flies from Port Moresby to Honiara five times weekly. **See [airniugini.com.pg](http://airniugini.com.pg).** Solomon Airlines flies throughout the country. The domestic terminal is two kilometres from Henderson. A shuttle bus connects the airports and costs \$SBD35 each way. **See [sightseesolomons.com](http://sightseesolomons.com).**

## CURRENCY

One Solomon Islands dollar (SBD) is worth around 0.42 kina and 0.13 USD. There are ATMs in the international airport and in Honiara's small CBD.

## GETTING AROUND HONIARA

Central Honiara is 12 kilometres from the international airport. A taxi from the airport to the CBD costs around \$SBD200. Major hotels can organise transfers. The country's official tourism site is a good place for travel information. **See [visitsolomons.com.sb](http://visitsolomons.com.sb).**

## CAR HIRE

Avis and Economy Car Rentals have a good variety of vehicles in Honiara. **See [avis.com.sb](http://avis.com.sb) and [economycarrentals.com.sb](http://economycarrentals.com.sb).** Car hire and drivers can also be booked via travel agencies such as Guadalcanal Travel Services. **See [solomontravel.info](http://solomontravel.info).**

## BUSINESS ETIQUETTE

Meetings can seem informal – jackets and ties aren't necessary, though a degree of flexibility is. 'Island time' can mean some people don't show for appointments or, conversely, meetings can be arranged at short notice.

## BUSINESS HOURS

Banking hours are 8.30am or 9am to 3pm, Monday to Friday. Commercial hours tend to be from 7.30am to midday and 1pm to 4pm, Monday to Friday, and also Saturday mornings. Government offices open from 8am to midday and from 1pm to 4.30pm, Monday to Friday.

## SAFETY

Throughout the Solomon Islands it is safe to walk around during the day; however, as for anywhere in the world, caution should be a priority at night.

## HEALTH

It is advisable to take anti-malarial tablets, even if just visiting Honiara. Consult your doctor before departure about malaria but also tetanus and vaccination for hepatitis A and B. A typhoid booster is also recommended.

## HONIARA ACCOMMODATION

The Heritage Park Hotel is popular with business travellers and has a swimming pool and conference rooms. **See [heritageparkhotel.com.sb](http://heritageparkhotel.com.sb).** The five-star Coral Sea Resort & Casino opened last year. **See [coral-sea-resort.com](http://coral-sea-resort.com).** The Solomon Kitano Mendana Hotel, next door to the Solomon Island Visitor Bureau office, has a business centre and conference rooms. **See [kitanomendana.com](http://kitanomendana.com).**

## HONIARA RESTAURANTS

The Heritage Park Hotel and the Coral Sea Resort have upmarket restaurants. At the Heritage, guests dine in part of the governor general's former residence. Haydn's Steakhouse, at the Coral Sea Resort, has modern Australian and European cuisine. There is also a restaurant, The Boardwalk, featuring South-East Asian street food at Coral Sea. There are several options away from the hotels. Sea King is the best known of the crop of Chinese restaurants.

Taj Mahal (Sri Lankan and Indian), just across the road from the Heritage Park Hotel, has a very good reputation. If you are after great coffee and comfort food, the Breakwater Cafe and Lime Lounge are popular expat hang-outs in the centre of town. The Bamboo Cafe, run by and directly next door to the King Solomon Hotel, is another good option.

## CLIMATE

Warm and humid, with coastal day temperatures averaging 28°C. May to November tends to be drier.

## TIME ZONE

11 hours ahead of GMT.

## ELECTRICITY

240V AC 50Hz, using Australian-style plugs.

## ENTERTAINMENT

Away from the larger hotels, many call into the Point Cruz Yacht Club for a beer after work. Visitors can sign in. The Honiara Golf Club, just out of town, is also popular.

## MEDIA

The Solomon Islands Broadcasting Commission has a daily online newsfeed. **See [sibconline.com.sb](http://sibconline.com.sb).** *The Solomon Star* ([solomonstarnews.com](http://solomonstarnews.com)) and *The Island Sun* are the local daily newspapers. *The Solomon Times Online* ([solomontimes.com](http://solomontimes.com)) is the other local main news source. ■





A positive economic outlook

**SOLOMONS SNAPSHOT**

**AREA:** 28,900 sq km

**POPULATION:** 550,000 (2011 est.)

**CAPITAL CITY:** Honiara: (c. 50,000)

**OFFICIAL LANGUAGES:** Pijin, English

**PEOPLE:** Melanesian 95%; Polynesian, Micronesian, European and Chinese 5%

**GDP:** \$US1.317 billion in 2017 (CIA)

**INFLATION:** 0.5 per cent 2016 (Statista.com)

**EXCHANGE RATE:** Solomon Islands dollar, equals 0.42 PGK, 0.17 Australian dollars, and 0.12 US dollars.

**MAJOR EXPORT MARKETS:** China 62.4%, Italy 7%, UK 4.4% (CIA Fact Book, 2016)

**MAJOR IMPORT MARKETS:** China 25.3%, Australia 15.5%, Singapore 9.6%, Malaysia 9.5%, Japan 5.2%, South Korea 5%, NZ 5%, Papua New Guinea 4.4% (CIA Fact Book, 2016)

**HEAD OF STATE:** Governor General Frank Kabui

**HEAD OF GOVERNMENT:** Prime Minister Rick Houenipwela

**DISTANCE BY AIR:** Port Moresby to Honiara, 2 hours and 20 minutes

**WORLD BANK EASE OF DOING BUSINESS RANKING:** 116 (2018)

**USEFUL BUSINESS CONTACTS**

Solomon Islands Chamber of Commerce and Industry  
See [solomonchamber.com.sb](http://solomonchamber.com.sb).

Invest Solomons (Solomon Islands investment promotion agency)  
See [commerce.gov.sb](http://commerce.gov.sb).

Solomon Islands Business Registry  
See [solomonbusinessregistry.gov.sb](http://solomonbusinessregistry.gov.sb).

Central Bank of the Solomon Islands  
See [cbsi.com.sb](http://cbsi.com.sb).

Office of the Prime Minister  
See [pmc.com.sb](http://pmc.com.sb).

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# STRICTLY BUSINESS

from [www.businessadvantagepng.com](http://www.businessadvantagepng.com)



A cool hand ... the Brian Bell Group is a retail conglomerate that has department stores and home centres in its portfolio.

## MILESTONE FOR PNG RETAILER

One of PNG's most recognised brands, the Brian Bell Group, is celebrating 60 years in business. *David James reports.*

"This year is a real milestone for us. Only a small number of organisations in Papua New Guinea have been around longer than 60 years and we are proud of this achievement," says Ian Clough, the chairman of the Brian Bell Group.

"What started as a small gun shop on Ela Beach in 1958 has grown, as a result of the hard work of thousands, to be one of PNG's most recognisable brands and a contributor to the economy," he says.

Brian Bell is a diversified retail conglomerate that has included department stores, home centres, chemicals, cleaning products, industrial equipment and farm machinery in its portfolio over the decades.

Clough says the company is now making "multi-million kina investments" in warehousing and distribution, and is expanding its portfolio through property development.

"On top of our largest distribution centre being built at Gerehu (in Port Moresby), we are building an executive apartment project

in Port Moresby that is designed to provide opportunities not only for our own people, but for the wider market.

"In the last two years and the coming two years, the group will have seen some of our largest infrastructure investments in its history. We are also scoping to expand our Mount Hagen operation in the near future," Clough says.

"Our enterprise is evolving in how we think, how we operate, and how we connect globally.





“PNG is in the early phase of expanding global recognition. The global investors that will be attracted to PNG via APEC and other key programs will bring international brands and companies to our shores.”

some headwinds as a result for the economy. “However, after we work through this, we are very positive that business in PNG will see the growth that it has been looking forward to for the last four or five years.”

“

One of the differentiators with Brian Bell is that customers can come to buy from a wide range of products and know that we will service it after they buy it.

”

Clough says he sees some positive indicators that the economy is beginning to emerge from the downturn.

“We see some good early signs for activity. It is looking like the next 12 to 18 months are going to be reasonably challenging. The recent earthquake has been devastating for the people in the area affected but we also see

Clough says there are plenty of business opportunities in PNG, but says any acquisitions for the group have to be aligned with the core businesses.

“The last thing we want to do is distract ourselves with non-core activity that will not drive the outcomes that we need – we don’t want to invest a lot of our technical >

**The stories in our ‘Strictly Business’ section were first published in PNG’s online business magazine, [businessadvantagepng.com](http://businessadvantagepng.com), and are re-published by arrangement with Business Advantage International.**





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support team's energy on trying to significantly fix another business or change it. "We are being very selective in what we do. We are investing in our current core infrastructure."

Clough says the company continues with its foundation of focusing on providing high-quality products and after-sales service.

"One of the differentiators with Brian Bell is that customers can come to buy from a wide range of products and know that we will service it after they buy it.

"We invest in our team's skills in the technical services area and with product knowledge.

"We are also investing in our leadership teams. We have more than three generations working within our organisation, with some team members being a part of the journey for over 40 years."

Clough says the company is also increasing its focus on providing value for money.

"One thing that concerns me is that because we sell quality products with warranties, there



**Ian Clough ... the chairman of the Brian Bell Group.**

is a perception that our pricing is out of reach for Papua New Guineans. Our team has worked very hard on sourcing more actively; finding good-quality products at better prices, which shifts that value equation.

"We won't ever compromise on quality, but we will offer a wider choice to our customers. It is important that our customers know that when they leave with a purchase they have received the right advice, with the best value on a quality product.

"Our strategy is to have product ranges that provide our loyal customers a 'good, better, best' option."

Clough says the success of Brian Bell is attributable to the company's commitment to PNG, as well as its innovation and willingness to support the latest products.

He is cautiously looking at e-commerce,

but believes "doing it slowly and smartly" is important. "You have to secure your payment gateway. There is fraud risk that needs to be mitigated. There are a number of things that can go wrong working remotely with customers.

"We are identifying ways to provide our customers with more convenient solutions using e-commerce or visual gateways, but maybe not full online shopping.

"Another consideration for any e-commerce activity is the cost of data. Data is very expensive in PNG. The more that cost lowers, the more actively customers will engage further in the digital space," Clough says.

"We are looking at more immediate ways that we can improve our customers' shopping experience, including the introduction of improved gift card programs, and our new Brian Bell rewards program.

"We have customers that have shopped with us for over 30 years. A rewards program is key to providing that extra connection and reward for being loyal." ■



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# TE changes hands

TE is a company with a long history in PNG. *David James* reports that the retailer and wholesaler has a new owner who is optimistic about the future.



Diversified ... TE is involved in electrical, plumbing, hardware and many other product lines (above); the new managing director, Robbie Huxley (below).

## TE'S DIVISIONS

- Satellite and terrestrial communication equipment.
- Broadcasting equipment for television and radio.
- Music.
- PA and pro-sound.
- Information technology.
- Locksmith and security electronics.
- Retail showrooms.
- Electrical warehouse.
- Commercial catering equipment.
- Power technology.

Robbie Huxley, the new managing director of TE (PNG), says the company is a diversified and adaptable business that has a bright future.

"I bought it at the beginning of the year," he says. "Bob Taylor operated the company for 55 years. The opportunity came up to buy the business and we decided to go for it."

Taylor says TE's diversified offering – it is involved in electrical, plumbing and hardware products, IT, power systems, catering equipment, musical instruments and much more – gives the company some protection against economic volatility.

"You may have a period when one of our divisions won't be doing so well but it is well supported by the other divisions," he says.

Huxley describes market conditions as quiet, but says the company's customer relationships are strong and there are some healthy sectors.

"Communication has been quite good for us. Most of the major mining entities require radio systems and wireless networks.

"Commercial catering has also been another very good area for us. We deal with many of the large hotel chains and a lot of bakeries.

"Probably our biggest division in the last 12 months has been in the security division.

"We are trying to concentrate on quality, which is our key focus. We work with some big customers and we try to make

things sustainable and reliable and it has kept things ticking over.

"We are hoping that with the Total (Papua LNG) project there is an improvement (in retail conditions) coming."

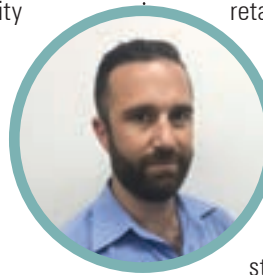
The company was founded in 1955, as a buying agency called Carl F Radke Agencies. It changed to its current name in 1976.

Huxley says the founder, Bob Taylor, started out small, and steadily built the company.

"He went from working with a briefcase trekking around the country representing the brands. Then it built up to now where we have two showrooms and warehouses and 100 staff.

"I think there is a good future here. I am optimistic about the next five years. You only have to look at Port Moresby and see the development going on.

"It is a tough country, but we are here for the long haul. We look forward to being here for another 60 years." ■



“

I think there is a good future here. I am optimistic about the next five years. You only have to look at Port Moresby and see the development going on.

”







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# Shake-up urged for vanilla industry

Vanilla growing is a major enterprise in PNG, but an industry leader is calling on improved training for growers to ensure long-term success. *Sarah Byrne reports.*

Papua New Guinea was the second-largest global grower of vanilla last year, producing about 250 metric tonnes, but leading processor and exporter, Paradise Spices, is calling for regulation of the sector to resolve supply and quality issues.

Unable to access the necessary volume and quality of vanilla beans, Paradise Spices, a subsidiary of PNG's largest food manufacturer, Paradise Foods,

is concerned the sector lacks sustainability.

Paradise Spices' general manager, Karina Makori, says local vanilla bean farmers need training to help guarantee long-term success.

Paradise Spices recently consulted a local aggregator to help solve its supply and quality issues by assisting the company with buying vanilla beans for its vanilla products.



Vanilla processing ... a mill worker at Paradise Spices.

The company produces a range of 100 per cent pure vanilla products, including vanilla paste, vanilla powder and vanilla extract.

Makori says the aggregator has a good relationship with growers in the Sepik region, and will help ensure regular supply of vanilla beans for a fair price.

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As part of this arrangement, the aggregator will buy the vanilla beans directly from farmers in the region and work with Paradise Foods to transport the vanilla to Port Moresby for processing.

Makori stresses that training is needed for farmers on how to grow, harvest and cure the beans correctly.

Growing vanilla requires a high level of diligence throughout the entire process and is labour intensive.

The plants start flowering three to five years after planting, and reach maximum production after seven to eight years.

Curing takes an additional four to six months and adds the most value to the beans, which is a technique that farmers need to be trained on, Makori says.

“

There is definitely a market for vanilla in Papua New Guinea, especially with the development of hotels, but there is also an export market that could be further advanced.

”

The first aggregator employed by the company is a local man with a significant understanding of the vanilla sector and local market.

Makori says the aggregator is keen to ensure the long-term sustainability of the sector in PNG through educating farmers on how to look after their crop.

Training in financial literacy will also be provided by the aggregator, which will provide farmers with the skills they need to manage their income.

With more farmers seeking to get involved, Makori says it will be beneficial if the government provides extension officers to deliver training and support, similar to the coffee and cocoa sectors.

Pending the success of the first aggregator employed by the company, Paradise Spices hopes to develop a group of aggregators in the future.

“There is definitely a market for vanilla in Papua New Guinea, especially with the development of hotels, but there is also an export market that could be further advanced if the sector is regulated and the beans accessible,” Makori says.

She says the unique flavour of PNG’s vanilla is attractive to buyers.

With the right regulation implemented and training provided, there is a great opportunity for the PNG vanilla sector to develop globally and be sustainable in the future, Makori adds. ■



**CREATING WEALTH AND OPPORTUNITIES FOR PAPUA NEW GUINEA NOW AND INTO THE FUTURE**



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The Kumul Petroleum Academy through participation in the South Pacific Employment Institute (SPEI) – NTC RTO 187 – and its partnership with Site Group International, a reputable facilitator of industrial training, is offering competency-based training for ‘Junior Job-Ready Technicians’ in the oil and gas industry. The training provides young Papua New Guineans with the vital skills and knowledge that are in high demand by the industry.

[enquiries@spe-institute.com](mailto:enquiries@spe-institute.com)



# Q&A PHILIPPE BLANCHARD

The managing director of Total E&P says PNG's second LNG project is expected to be ready by 2023/24. He also reveals that the company is keeping its eyes open for other energy projects in the country.

**Q: At what stage is the Papua LNG project?**

A: At the moment we are in the pre-feed stage and we need to finalise the final development scheme. We're still aiming to target the early 2020s window to be on the market. During construction, we expect to employ 2000–3000 staff in Gulf Province.

**Q: What about infrastructure in Gulf Province? Have you made any decisions about what you'll need to have in place?**

A: People often ask me about the infrastructure that will be needed. We will have wells, and what we call trunk lines, which are smaller pipelines just to run from the wells to what we call the central

processing facility. Gas and condensate production will be firstly processed in this plant, and from there we will send production by pipeline to the liquefaction facility. In addition, we will have a logistic base managing goods transferred by river, and including also an airfield for personnel transportation. It will be used to bring in food, supplies and personnel.

**Q: How important are the gas and the oil prices? Do these need to stay at a certain level for this project to receive the financing it needs?**

A: We'll see when we negotiate with potential gas buyers. What is clear is that all the efforts that we are making today

are aiming at a cost-effective project. If we are really cost-effective, we are in a better position to discuss with the buyers.

**Q: What is the geology of the area that you'll be working in? Is it similar geology to the Highlands area where the earthquake struck in February?**

A: Earthquake occurrence is one of the identified risks as the fields and future facilities are located along faults similar to those involved in the Highlands earthquake. But the surface geology is different. It is my understanding that most of the surface geology in the Highlands is made of limestone, whereas in PRL15 it's mostly shale. We will be concluding

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a geophysical survey very soon to try to get a better image of the first 200–300 metres below ground.

**Q: How significant is this project for Total's global business?**

A: Papua LNG is the next LNG project in the Asia Pacific for Total and our strategy is to keep growing our LNG business. So Papua LNG is an important project for us. We want to develop in LNG because we believe it's one of the fuels of the future. It is also part of the solution to manage climate change on which Total has engaged with the creation of its fourth business line: Gas Renewable and Power. Gas is an important part of our growth strategy.

**Q: Does that mean there are further opportunities for Total within PNG that may not involve the Papua LNG project?**

A: If there are other opportunities in Papua New Guinea we'll try to grasp them. We have not come to Papua New Guinea only for one project. ■



Philippe Blanchard ... says Total's strategy is to keep growing its LNG business. "We want to develop in LNG because we believe it's one of the fuels of the future."

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# Housing demand strong

Most people who responded to a recent property survey believe that now is the best time to buy a house in PNG. *David James* reports.

**H**ausples.com.pg has released its *Real Estate Survey 2018*, revealing that there is “unequivocal demand” for housing at various price points.

The report found that respondents have a positive outlook towards the house sales market in PNG.

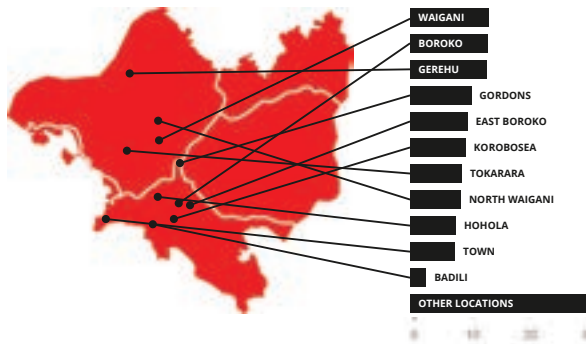
However, it also found that perceived unaffordability has increased slightly since 2017, with 87 per cent of respondents believing that buying a property in PNG is either “moderately or very unaffordable” (compared with 85 per cent in 2017).

The percentage who believe buying a home is “affordable, through to very affordable” also decreased from 14 per cent to 12 per cent.

“Attributing this shift is difficult,” the report says. “Increasing urbanisation is certainly one contributing factor.

“The APEC Forum has increased the costs of goods and labour in

## WHERE MOST PEOPLE WANT TO BUY A HOUSE



the run-up to the event and this is likely to have had a flow-on effect for the construction and housing markets.”

The report says two-thirds of respondents believe that prices have increased over the last 12 months and 61 per cent believe that prices will continue to increase this year.

“The majority of people believe that now is the best time to

purchase a home, however this decreased slightly from 61 per cent in 2017, to 56 per cent in 2018.

“Almost 23 per cent of respondents indicated that they intend to buy a home in the next 12 months.

“However, this is a large shift from the 2017 survey in which 39 per cent of people indicated an intention to purchase within 12 months.

## SALES MARKET

FACTORS PEOPLE CONSIDER WHEN BUYING A HOME (in order of most importance to least)



“People’s purchasing horizon has now shifted from 6–12 months to a longer time horizon of 12–18 months. These results indicate strong underlying demand to purchase housing, however this is tempered by a medium-term ability to purchase.”

A complex title approval process and a limited construction work force are also limiting factors.

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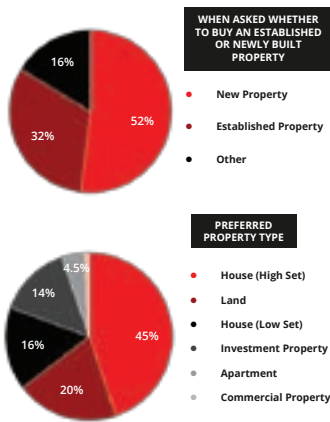




“

Almost 23 per cent of respondents indicated that they intend to buy a home in the next 12 months.

”



“Despite the vast majority of people still requiring a loan for their property purchase (82 per cent), more than 98 per cent of people expect to contribute a deposit of 10 per cent or more toward a home purchase.

“These results indicate that financial literacy has further improved since the last survey.”

The number of respondents considering renting in the next six months fell from 45 per cent to 40 per cent. “About 22 per cent

will consider renting in less than two months, 12 per cent in 2–4 months and 11 per cent in 4–6 months,” the report says. “Meanwhile, confidence in the rental market has remained consistent with 2017; with 25 per cent of the respondents stating that now is a better time to continue renting a home.” The report says there is a “relative lack of quality affordable rentals compared with last year”.

The survey found that respondents prefer to reside in Waigani (25 per cent) and Boroko (25 per cent), with East Boroko (21 per cent) and Korobosea (16 per cent) not far behind.

Half of the respondents indicated they would prefer to spend less than PGK500 per week.

“Price is once again the leading factor people consider when renting a home (53.3 per cent), followed by security (31 per cent).” ■

## A GROWTH INDUSTRY

A proposed timber processing facility near Lae could play an important role in the Papua New Guinea forestry industry’s future, according to Tony Bartlett from the Australian Centre for International Agricultural Research (ACIAR).

ACIAR is an organisation that supports research for development projects in about 40 countries.

As part of this project, ACIAR has worked with the PNG government to research the development of a processing facility for timber from community owned forests.

Bartlett, the ACIAR’s forestry research program manager, believes the facility will assist local landowners and farmers by adding value to their timber.

The government has been unable to fund the delivery

of the project, so ACIAR partnered with the Timber and Forestry Training College of the PNG University of Technology to explore whether a viable business plan could be developed.

While the training facility is in need of a major refurbishment, Bartlett says its location, just outside Lae, is ideal and he sees potential in the facility, if investment is secured.

“The global market for wood products is continually growing. The Papua New Guinean government has acknowledged this and is hoping the facility will provide capacity to add value to timber domestically, and therefore keep a proportion of the income in PNG.

“By moving away from relying on log exports, the government hopes to develop new domestic and export markets for processed timber, which it hopes will lead to more jobs, training and growth in the area,” he says.

Investment of around PGK1.4 million is needed to get the project off the ground. ■

– DAVID JAMES



Among the trees ... Tony Bartlett with PNG farmers.



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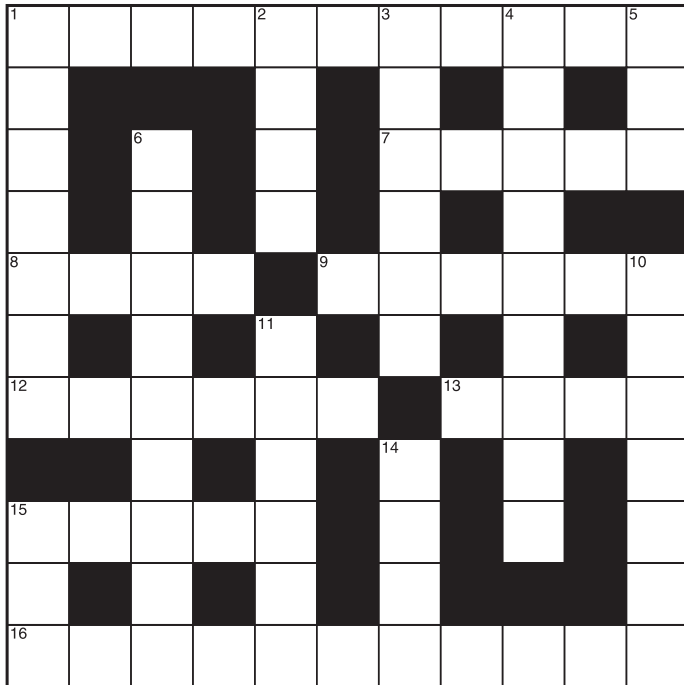


# BRAIN GYM

QUIZ, PUZZLES, CROSSWORD

## DoubleTake

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



### CRYPTIC CLUES

#### ACROSS

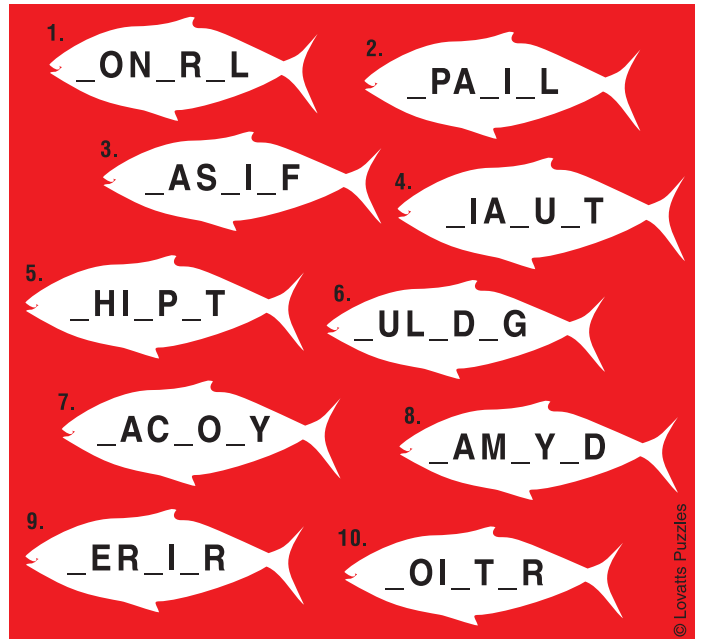
1. Direction given in court isn't overturned (11)
7. Established and framed (3,2)
8. Manage to get policeman to go east (4)
9. Course requested on tray (6)
12. Oslo gang has secret motto (6)
13. Led around, I told fibs (4)
15. Intense sorrow sometimes follows good (5)
16. At odds with lumberjack bosses? (11)

#### DOWN

1. Takes out piano, inspects for bugs (7)
2. Vermin gave tsar the runaround (4)
3. In Caracas, I notice place to buy chips (6)
4. Bury opinion at job assessment (9)
5. Pinch a bit of whisky? (3)
6. I'm showing evidence of getting better (9)
10. Otherwise sure after last part survives (7)
11. Rabbit on patterned pancake (6)
14. Sly at heart, dear chap (4)
15. Set broken leg (3)

## Red Herrings

Fill in the gaps with letters to find the names of eight types of dog. Only eight? Yes, two of the examples are red herrings and won't produce anything but frustration. All the answers have seven letters.



### STRAIGHT CLUES

#### ACROSS

1. Order (11)
7. Erect (tent) (3,2)
8. Get by (4)
9. Starter (6)
12. Catchcry (6)
13. Gave false evidence (4)
15. Pain of loss (5)
16. Feuding, at ... (11)

#### DOWN

1. Flies or beetles (7)
2. Rodents (4)
3. Las Vegas establishment (6)
4. Question formally (9)
5. Cosmetic surgery, ... & tuck (3)
6. On the mend (9)
10. Tolerates (7)
11. Aimless talk (6)
14. Curved entrance (4)
15. Clear toothpaste (3)





# The Paradise Quiz

## HOW WELL DO YOU KNOW THE REGION?

- Which PNG city are you in if you are travelling along Champion Parade towards the Poreporena Freeway?
- How many medals did PNG win at the Commonwealth Games on the Gold Coast in Australia? Give yourself a bonus point if you can name the sport in which all the medals were won.
- What does the Tok Pisin word *plis* mean?
- What do *Into the Crocodile Nest*, *Four Corners* and *Those Ragged Bloody Heroes* have in common?
- What's 5000 kilometres north of Port Moresby?
- Which South Pacific country was recently rumoured as the site for a Chinese military base?
- What divides the North Pacific Ocean and the South Pacific Ocean?
- What is *laksa*?
- Singapore is one of three city-states in the world. Can you name the other two?
- Can you name the country with the largest population in the world?
- What is the literal translation of the Fijian greeting *bula*?
- Where is Tagalog commonly spoken?
- Balinese are usually named Wayan, Made, Ketut or Nyoman. What do the names mean?
- Bananas are a popular fruit throughout the South Pacific. Do they sink or float in water?
- What type of bird – found in PNG and throughout Asia, Melanesia and Africa – is pictured?



# Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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## Red Herrings

Mongrel, spaniel, mastiff, RED HERRING, whippet, bulldog, RED HERRING, samoyed, terrier, pointer.

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

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

## The Paradise Quiz

1. Port Moresby. 2. Three (one gold and two silver in weightlifting). 3. Please. 4. They are all books about PNG. 5. Tokyo. 6. Vanuatu. 7. The equator. 8. A popular South-East Asian noodle soup, typically spicy or flavoured with curry. 9. Vatican City, Monaco. 10. China (1.4 billion people) just beats India (1.3 billion people). 11. Life. 12. Manila. It's the city's official language, a mix of Spanish, English, Chinese, Arabic and Sanskrit. 13. First born, second born, third born and fourth-born child. It doesn't matter if the child is male or female. 14. Float. 15. Hornbill.



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# Out and about

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

## CLIMATE

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

## COMMUNICATIONS

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

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

## ELECTRICITY

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

## GETTING AROUND

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

**Car hire:** Deal with one of the international names and ask them to provide a driver (PGK450+ per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

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



PICTURE: MILEN STILYANOV

Port Moresby from the air ... the capital of Papua New Guinea is the country's biggest city and has a population of 310,000. The total PNG population is 8.4 million.

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

## HEALTH

Serious medical conditions can be treated in Port Moresby at Pacific International Hospital and the Government Hospital, which have 24/7 emergency and critical care services. Some conditions

may require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation can reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis.

## MEDICAL EMERGENCY

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

## MONEY

PNG's currency is the kina (PGK). 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 OUT

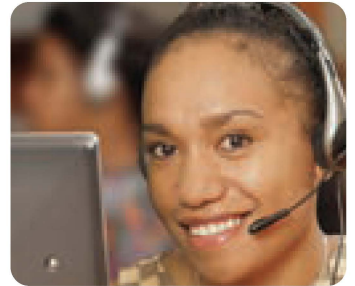
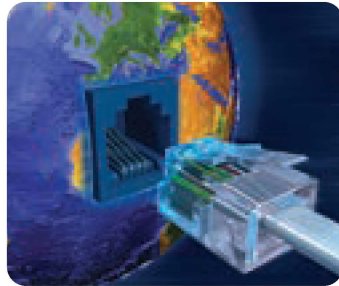
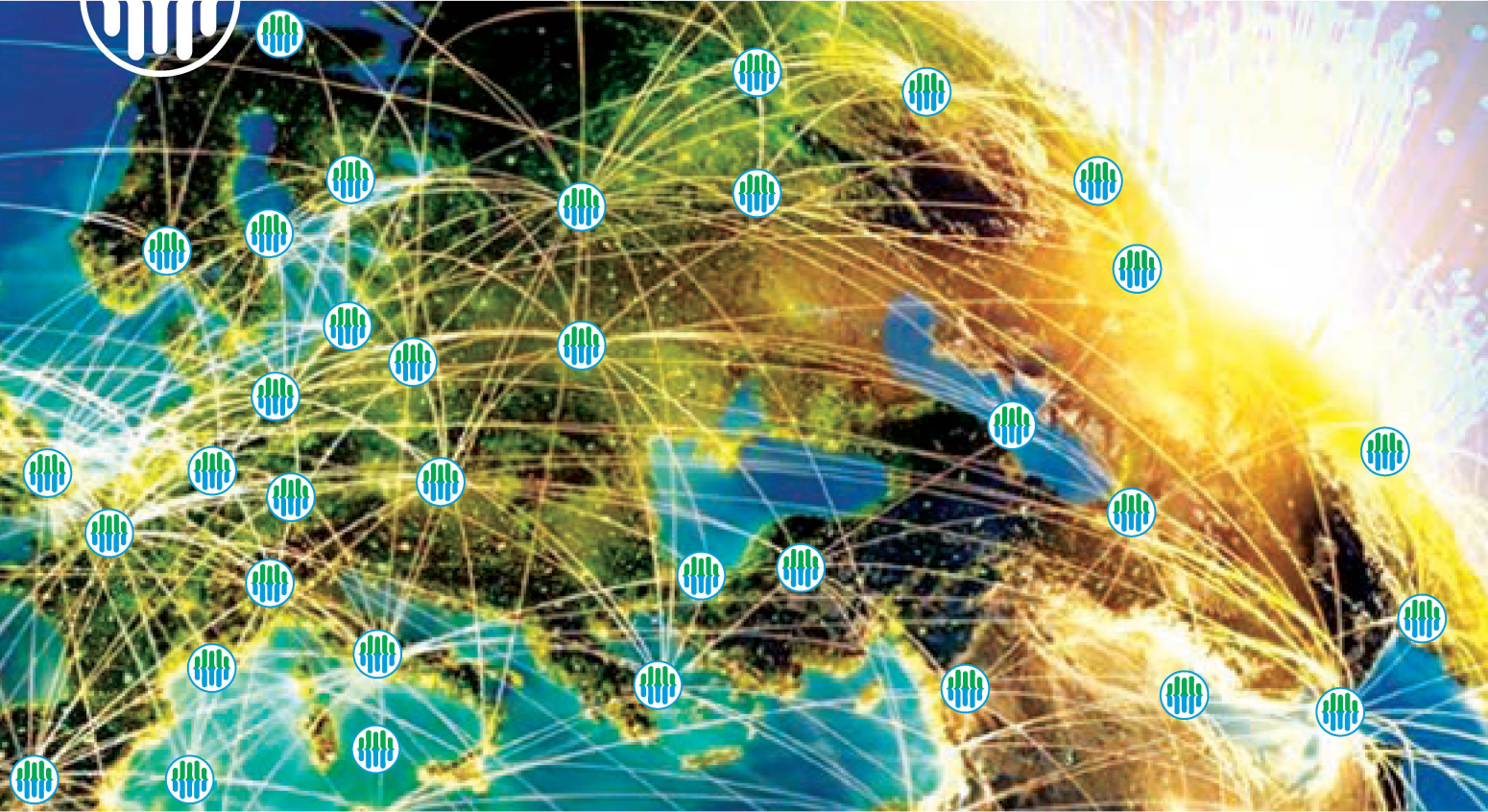
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**Airways Hotel:** Port Moresby's ritziest hotel has several places to eat. If you're after fine >





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dining, Bacchus is the place to go. For something more casual, go poolside to Deli KC. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. See [airways.com.pg](http://airways.com.pg).

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

**Aviat Club:** The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See [facebook.com/pages/Aviat-Club/141553252563094](http://facebook.com/pages/Aviat-Club/141553252563094).

**Bel Cibo:** A casual and affordable family style restaurant serving Italian-American at Vision City. See [belcibopng.com](http://belcibopng.com).

**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. See [ihg.com](http://ihg.com).

**Daikoku:** The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the Stop n Shop shopping centre in Harbour City, chefs will whip up your meal at your table. See [daikokupng.com](http://daikokupng.com).

**Duffy Cafe:** Known for excellent coffee and homemade cafe-style food and bakery items,



Duffy has three locations – at Harbourside, Gordons and Jacksons International Airport. See [duffypng.com](http://duffypng.com).

**Dynasty at Vision City:** This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. See [facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956](http://facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956).

**Edge by the Sea:** The 'Edge' cafe was renovated in 2017 and has alfresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito bowls, pork burgers and grilled snapper are among the breakfast and lunch menu favourites. There's a mist water system in the alfresco area that can reduce the ambient air temperature by up to 10 degrees ... perfect for those blistering-hot days. Tel. +675 7995 5263.

**Ela Beach Hotel:** The Beachside Brasserie aims to be one of Port Moresby's best value-for-money restaurants, offering seafood and other dishes from the Pacific Rim, curry, pastas, and a classic grill

menu. It's located next to the pool, set in Italian gardens. See [coralseahotels.com.pg](http://coralseahotels.com.pg).

**Fusion:** This is one of the city's busiest restaurants. It's a fusion of flavours from China, Thailand and Vietnam. Takeaway available. There's also a sister restaurant, Fusion 2, in the far corner of the ANZ Bank Compound in Waigani. Tel. +675 7196 6666.

**Gateway Hotel:** The hotel's dining options include Jackson's Gaming—Restaurant—Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town. Sizzler's Family Restaurant offers value dining, while Enzo's Express does quick lunches, coffee and pizza. The hotel's Departure Bar, next to the hotel lobby, is a comfortable and air-conditioned space to while away some transit hours in between flights. See [coralseahotels.com.pg](http://coralseahotels.com.pg).

**Grand Papua Hotel:** The elegant Grand Brasserie has an a la carte menu of modern European cuisine, as well as buffet options. The Grand Cafe, on Douglas Street, has barista-made Goroka coffee, fruit juices, freshly made salads and sandwiches. The Grand Bar – with stylish marble, high ceilings,

timber floors and window shutters – has a light menu and is a popular place to wind down after work. See [grandpapuahotel.com.pg](http://grandpapuahotel.com.pg).

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

**Korean Garden:** An affordable menu at Vision City that includes a do-it-yourself barbecue, as well as traditional favourites such as kimchi and gimbap. See [facebook.com/pages/Korean-Garden/595454767289525](http://facebook.com/pages/Korean-Garden/595454767289525).

**Lamana Hotel:** You're spoilt for choice here with Spices (Indian), the Italian Restaurant, Rio's at the Temple (Brazilian), Cafe Palazzo, Lanes Ten Pin Bowling, and PNG's biggest nightclub, The Gold Club. See [lamanahotel.com.pg](http://lamanahotel.com.pg).

**Magi Seafood Restaurant:** A local secret on Spring Garden Road (same side as SP Brewery) with excellent Asian food, but specifically the best mud crab in town, which needs to be ordered 24 hours in advance. Tel. +675 323 3918.

**Mojo Social:** This casual Mediterranean-inspired bar and restaurant is on the ground floor of PWC Haus at Harbour City. Tapas-style dishes, risotto and pizza are among the offerings. See [mojosocialpng.com](http://mojosocialpng.com).

**Naked Fish:** A seafood and steak restaurant at Harbourside. Great spot for sunsets and the water views. Tel. +675 320 2293.

**Royal Papua Yacht Club:** Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan bar area showing sport on large screens. See [rpyc.com.pg](http://rpyc.com.pg).





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

**Sogno:** This is a traditional Italian restaurant with pastas, risottos and pizzas served out of a stone oven at Harbourside. Tel. +675 320 0001.

**Stanley Hotel and Suites:** This new hotel in Waigani has several restaurant choices, including the fine-dining Silver Leaf on the 17th floor, and the chic tapas-style Monsoon Lounge, which is great for after-work drinks on the leather-lounge seating. The casual Green Haus restaurant has all-day



Fresh-baked ... the popular Duffy Cafe has three stores in Port Moresby.

PICTURE: SUPPLIED BY DUFFY CAFE

dining, including buffet dinners with live cooking stations. See [thestanleypng.com](http://thestanleypng.com).

**Tandoor on the Harbour:** Come here for a curry and great bay views. See [facebook.com/tandoorontheharbour](https://facebook.com/tandoorontheharbour).

**Tasty Bites:** This Indian restaurant is tucked away in the town centre in Hunter Street near Crowne Plaza. Bookings recommended. Tel. +675 321 2222.

**Vision City:** PNG's first major shopping mall houses an increasing

array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs. See [visioncity.com.pg](http://visioncity.com.pg).

**LAE**

**Bunga Raya:** This local favourite, serving Malaysian-style Chinese, is located next door to the Lae Golf Club. Be sure to try the stuffed lettuce cups, laksa and claypot tofu. Tel. +675 472 7177.

**Cafe 411:** There's a cosy atmosphere at this casual cafe next to Hotel Morobe on Coronation Drive. The Western-style menu includes finger foods and PNG coffee. Tel. +675 479 0100.

**Chigi's Cafe:** This delightful place inside the temporary Brian Bell store near the Lae main markets serves good coffee, milkshakes, ➤



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sandwiches, cakes and salads.  
Tel. +675 7217 1966.

**Golden Aviat:** A good option for Chinese, located on Huon Road in Eriku. Open for lunch and dinner, and yum cha on Sundays.  
Tel. +675 472 0486.

**Huon Club:** This private members' club offers air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel to preview all the racing and sporting events.  
Tel. +675 7347 1058.

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

**Lae Garden Restaurant:** The Asian menu includes staples such as crispy chicken and butter prawns. The elegant restaurant, inside Hotel Morobe on Coronation Drive, offers breathtaking views of the city from its balcony.  
Tel. +675 479 0100.

**Lae Golf Club:** The club is excellent for a few sundowners as you overlook the stunning green.  
Tel. +675 472 1363.

**Lae International Hotel:** Home to three restaurants – Lulai's Italian Pizza, Vanda and Kokomo – which serve an array of international cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See laeinterhotel.com. Tel. +675 472 7000.

**Lae Yacht Club:** The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food. See laeyachtclub.com.pg.  
Tel. +675 472 4091.



**Mountain View Restaurant:**

Located at the Crossroads Hotel at Nine Mile. Be sure to try the Japanese fusion menu – it's the only place in town where you can get good sushi. See hornibrook.com.pg/crossroads. Tel. +675 475 1124.

## HOTELS

### PORT MORESBY

**Airways Hotel:** Airways is within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms, excellent service and very good food options. See airways.com.pg. Tel. +675 324 5200.

**Crowne Plaza:** Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving cafe and Mediterranean restaurant. See ihg.com. Tel. +675 309 3329.

**Ela Beach Hotel and Apartments:** On the fringe of the CBD, this constantly expanding hotel/apartment complex is part of the Coral Sea Hotels group. See coralseahotels.com.pg. Tel. +675 321 2100.

**Gateway Hotel:** Conveniently located just minutes from Jacksons International Airport, the hotel has a range of dining options, conference facilities,

modern gym and two swimming pools. Free airport shuttles are available for guests. See coralseahotels.com.pg. Tel. +675 327 8100.

**Grand Papua:** This premium hotel opened in late 2011 and features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular for business meetings. Centrally located. See grandpauahotel.com.pg. Tel. +675 304 0000.

**Holiday Inn:** Located in Waigani, the large grounds include a walking track in a tropical garden setting, outdoor restaurant and bar area, business centre and gym. Includes three-star Holiday Inn Express hotel. See ihg.com. Tel. +675 303 2000.

**Laguna Hotel:** The 60-room property is a five-minute drive from the heart of Port Moresby and features a lagoon-style pool, free airport transfers, free Wi-Fi and free buffet breakfast. See lagunahotelpng.com. Tel. +675 323 9333.

**Lamana Hotel:** In Waigani, the hotel has 24-hour free airport transfers, free in-room Wi-Fi, a conference centre, restaurants,

and the famous Gold Club. See lamanahotel.com.pg. Tel. +675 323 2333.

**Stanley Hotel and Suites:**

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

### LAE

**Crossroads Hotel:** A 45-room facility at Nine Mile. The hotel has a Japanese-themed teppanyaki restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, Wi-Fi and complimentary transfers to both Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads. Tel. +675 475 1124.

**Hotel Morobe:** A centrally located 38-room boutique property built in 2014. See hotelmorobe.com. Tel. +675 4790 100.

**Lae City Hotel:** Located in the main Top Town area, this hotel has 24-hour concierge and an excellent cafe and restaurant with Western and Asian cuisine. See laecityhotel.com. Tel. +675 472 0138.

**Lae International Hotel:** The city's premier hotel has recently renovated rooms, full bar service, conference and banquet halls, a gym and pool. See laeinterhotel.com. Tel. +675 472 2000.

**Lae Travellers Inn:** An affordable option, offering clean and comfortable rooms. Tel. +675 479 0411. ■







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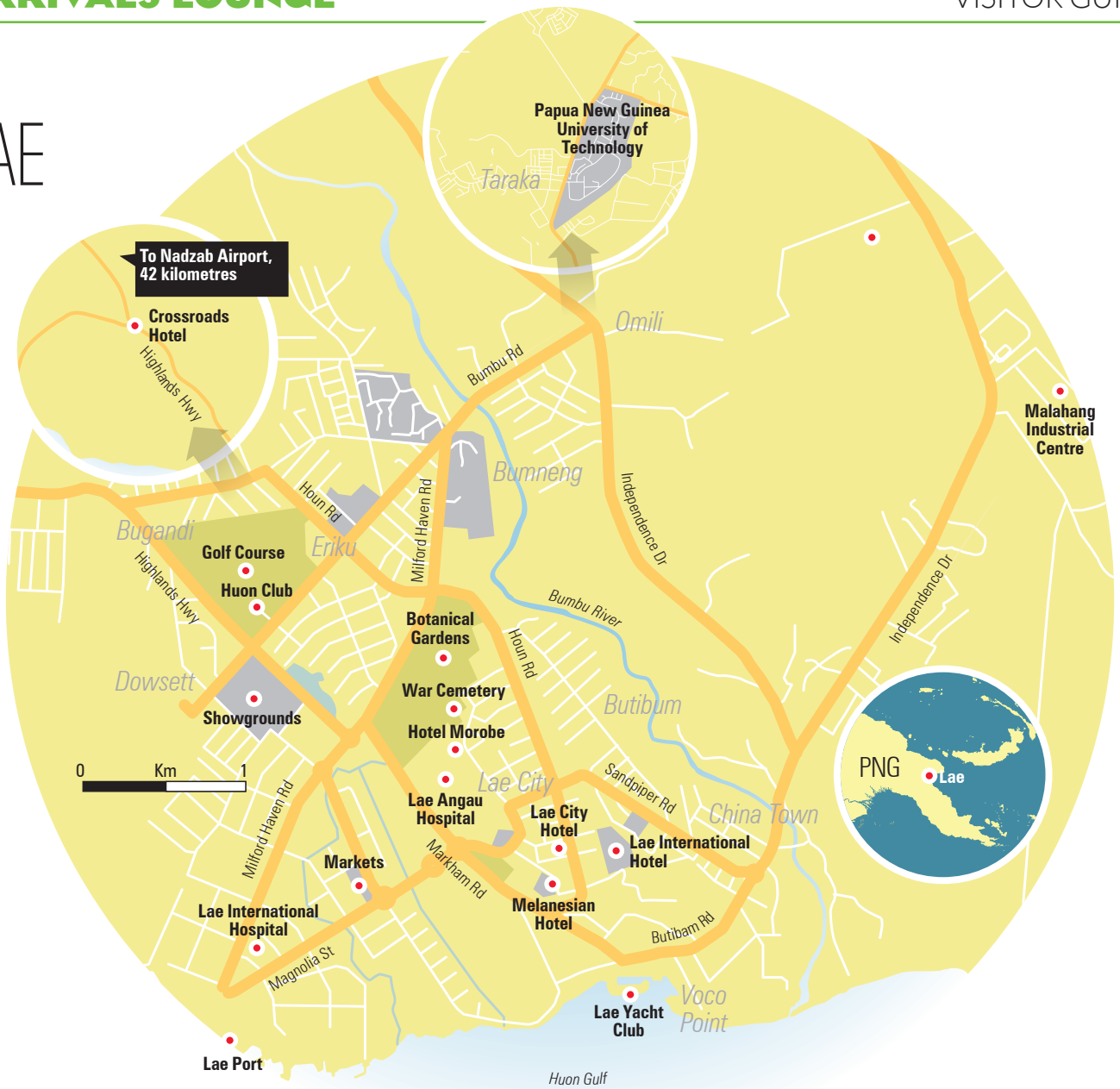
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**TWO-MINUTE GUIDE TO TOK PISIN WORDS/PHRASES**

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

- *Where do I find a taxi?*  
**Bai mi painim taxi long we?**
- *One coffee with milk, please.*  
**Wanpela kap kopi wantaim milk plis.**
- *Where is the toilet?*  
**Toilet istap we?**
- *How much is this?*  
**Dispela em hamas?**
- *Thank you very much.*  
**Tenkiu tru.**
- *You understand English?*  
**Yu save long tok Inglis?**
- *Where is my bag?*  
**Bag bilong mi istap we?**
- *Where can I change my money?*  
**Wanem hap bai mi ken senisim moni bilong mi?**
- *One beer, please.*  
**Wanpela bia plis.**
- *Why? Bilong wanem?*
- *How many children do you have? Yu gat hamaspla pikinini?*
- *Where are you from?*  
**Yu bilong wanem hap?**
- *I don't know. Mi no save.*
- *What do you want?*  
**Yu laikim wanem samting?**
- *Restaurant*  
**Ples bilong kaikai**
- *Goodbye* **Gutbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

**NUMBERS**

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



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# Welcome aboard

## Enjoy our Bird of Paradise in-flight service

### Please ask us

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

### Hand luggage

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

### Takeoff and landing

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

### Safety first

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

### Electronic equipment

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

### Children and babies

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

### Smoking

Smoking is not permitted on any Air Niugini flight.

### Entertainment

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

### Pillows and blankets

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

### Cuisine

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

### Immigration and Customs Forms

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

### Before you leave

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





## Air Niugini fleet



### B767-300ER - Boeing

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

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



### F70 - Fokker

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

Normal altitude: 11000m  
Standard seating capacity: 76  
Business class: 6  
Economy class: 70  
Number of aircraft in fleet: 5



### B737-800 - Boeing

Length: 39.5m  
Wing span: 35.79m  
Range: 8100km  
Cruising speed: 857kph  
Power plant: 2 x CFM56 - 7B26

Normal altitude: 11300m  
Standard seating capacity: 144  
Business class: 16  
Economy class: 128  
Number of aircraft in fleet: 2



### DASH 8-Q315 - Bombardier

Length: 25.7m  
Wing span: 24.4m  
Range: 1700km  
Cruising speed: 510kph

Power plant: 2 x Pratt & Whitney PW123E  
Normal altitude: 7500m  
Standard seating capacity: 50  
Number of aircraft in fleet: 3



### B737-700 - Boeing

Length: 33.6m  
Wing span: 35.79m  
Range: 6370km  
Cruising speed: 830kph  
Power plant: 2 x CFM56 - 7B22

Normal altitude: 11300m  
Standard seating capacity: 116  
Business class: 12  
Economy class: 104  
Number of aircraft in fleet: 1



### DHC-8-202 - Bombardier

Length: 22.25m  
Wing span: 25.89m  
Range: 1800km  
Cruising speed: 550kph

Power plant: 2 x Pratt & Whitney PW123D  
Normal altitude: 7600m  
Standard seating capacity: 36  
Number of aircraft in fleet: 2



### F100 - Fokker

Length: 35.528m  
Wing span: 28.076m  
Range: 3000km  
Cruising speed: 780kph  
Power plant: 2 x Rolls Royce Tay 650

Normal altitude: 11000m  
Standard seating capacity: 101  
Business class: 8  
Economy class: 93  
Number of aircraft in fleet: 7



### Falcon 900EX - Dassault

Length: 20.21m  
Wing span: 19.33m  
Range: 4500nm  
Cruising speed: 650mph

Power plant: 3 x Honeywell TFE731  
Maximum altitude: 51000ft  
Standard seating capacity: 12  
Number of aircraft in fleet: 1

# Inflight entertainment

Movie, TV and music highlights available on Air Niugini flights

## MOVIES



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### Tomb Raider (2018)

Genre: Action, Drama

Rating: PG13

Stars: Alicia Vikander, Dominic West, Walton Goggins

Lara Croft is the daughter of an eccentric adventurer who vanished when she was a teen. Leaving everything she knows behind, Lara goes in search of her dad's last-known destination: a fabled tomb on a mythical island.



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### Geostorm

Genre: Action, Sci-Fi

Rating: PG13

Stars: Gerard Butler, Jim Sturgess, Abbie Cornish

When climate change endangers the Earth, world governments unite to create a net of satellites around the planet that are armed with geo-engineering technologies to stave off the natural disasters.



### Run, Fatboy, Run

Genre: Comedy, Sport

Rating: PG13

Stars: Simon Pegg, Thandie Newton, Hank Azaria

A charming but oblivious overweight guy leaves his fiancée on their wedding day only to discover years later that he really loves her. To win her back, he must make her realise that her new handsome fiancé is the wrong guy for her.



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### Logan (2017)

Genre: Action, Sci-Fi

Rating: R

Stars: Hugh Jackman, Patrick Stewart, Dafne Keen

In the near future, a weary Logan cares for an ailing Professor X in a hide-out on the Mexican border. But Logan's attempts to hide from the world and his legacy are upended when a young mutant arrives.



### The Greatest Showman

Genre: Drama, Musical

Rating: PG

Stars: Hugh Jackman, Michelle Williams, Zac Efron

Brash dreamer P.T. Barnum rises from nothing to prove that anything you can envision is possible and that everyone, no matter how invisible, has a stupendous story worthy of a world-class spectacle.



### Justice League

Genre: Fantasy, Action

Rating: PG13

Stars: Ben Affleck, Gal Gadot, Jason Momoa

Fuelled by his restored faith in humanity and inspired by Superman's selfless act, Bruce Wayne enlists the help of his new ally, Diana Prince, to face an even greater enemy.



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### Hairspray

Genre: Family, Comedy

Rating: PG

Stars: John Travolta, Queen Latifah, Nikki Blonsky

In 1960s Baltimore during the dance TV craze, high schooler Tracy Turnblad goes from outsider to celebrity trendsetter.



### The Bold, the Corrupt, and the Beautiful

Genre: Drama, Thriller

Rating: PG13

Stars: Kara Hui, Ke-Xi Wu, Vicky Chen

People know Madame Tang as a socialite and the widow of the late general Tang. But little do they know that she runs an antique business as a cover to whitewash the dirty deals of local businessmen and politicians.



### Jab Harry met Sejal

Genre: Comedy, Romance

Rating: PG13

Stars: Shah Rukh Khan, Anushka Sharma

After a month-long tour of Europe, Sejal is about to board her flight to India when she realises she has lost her engagement ring. She hires her former tour guide, Harry, to help in the search.



### Newton

Genre: Comedy, Drama

Rating: PG

Stars: Rajkumar Rao, Pankaj Tripathi, Anjali Patil

Newton Kumar, a rookie government clerk, finds himself entrusted with a task that appears deceptively simple: conducting elections in a remote village in the jungles of central India.



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### Colour Me True

Genre: Drama, Romance

Rating: PG

Stars: Haruka Ayase, Kentaro Sakaguchi

A young director falls in love with a black-and-white heroine from the big screen when she travels from her fictional black-and-white world to the colourful real world. But then something miraculous happens.



### Namiya

Genre: Drama, Fantasy

Rating: PG13

Stars: Karry Wang, Dilraba, Dong Zijian, Jackie Chan

Orphans Xiao Bo, Tong Tong and Jie take refuge in an abandoned dime store, intending only to stay the night. But their plans change when a mysterious advice-seeking letter is dropped through the shop's mailbox.





## TV



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### Untamed Philippines

Genre: Documentary Lifestyle

Episode: S1 E1 – Wild Paradise

Rating: PG

Stars: Nigel Marven

Dive with turtles, whale sharks and manta rays in a marine park before exploring the amazing Chocolate Hills of Bohol.



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### Black Lightning

Genre: Drama

Episode: S1 E1 – The Resurrection

Rating: PG13

Stars: Cress Williams, China Anne McClain

With crime and corruption increasing, and those he cares about in the crosshairs of a local gang, The One Hundred, Black Lightning returns — to save not only his family, but also the community.



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### Bones

Genre: Drama, Crime

Episode: S12 E3 – The New Tricks in the Old Dogs

Rating: PG13

Stars: Emily Deschanel, David Boreanaz, Michaela Conlin

When the body of an old man is found in an acid dump site, the team becomes enmeshed in retirement home drama.



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### Fresh off the Boat

Genre: Comedy

Episode: S4 E3 – Kids

Rating: PG

Stars: Randall Park, Constance Wu, Hudson Yang

With the realisation that Eddie is mature enough to be left on his own, Louis and Jessica see the light at the end of their parenting tunnel and make plans to spend more time with friends Honey and Marvin.



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### Life in Pieces

Genre: Comedy

Episode: S3 E1 – Settlement Pacifier Attic Unsyncing

Rating: PG13

Stars: Colin Hanks, Betsy Brandt, Thomas Sadoski

When the entire Hughes family moves into John and Joan's home after their kitchen is destroyed, their presence creates chaos for Joan.



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### Me, Myself and I

Genre: Comedy

Episode: S1 E1 – Pilot

Rating: PG

Stars: Bobby Moynihan, Jack Dylan Grazer, John Larroquette

A comedy about the defining moments in one man's life over three distinct periods – as a 14-year-old in 1991, at age 40 in the present day, and at age 65 in 2042.



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### Riverdale

Genre: Drama

Episode: S2 E1 – Chapter Fourteen: A Kiss Before Dying

Rating: R

Stars: K.J. Apa, Lili Reinhart, Camila Mendes  
As Fred's life hangs in the balance following the shooting, Archie struggles with the emotional aftermath of what he witnessed.



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### Dorothy and the Wizard of Oz

Genre: Family, Animation

Episode: S1 4129187 / 4129188 – Beware the Woolly / Magical Mandolin

Rating: G

Stars: Jessica DiCicco, Bill Fagerbakke, Jess Harnell

Dorothy and her friends try to help Ojo the Unlucky; the Lion learns the true meaning of courage.

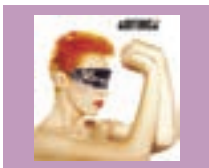
## MUSIC



### Kurt Elling The Questions

Genre: Jazz Rating: PG

This is Kurt Elling's musical response to this moment in history and the uncertainty of our times. It touches artfully on challenges – personal, political, global, spiritual and existential – and on hopes and aspirations.



### Eurythmics Touch (Remastered 2018)

Genre: Pop Rating: PG

The Eurythmics' breakthrough third album is available in high-res audio for the first time. This album came out at the end of 1983, a particularly prolific period for David A. Stewart and Annie Lennox.



### Foreigner Foreigner with the 21st Century Symphony Orchestra & Chorus

Genre: Golden Hits Rating: PG

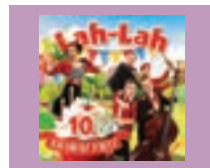
Foreigner's timeless anthems continue to rock the charts, with album sales exceeding 75 million. For the first time, they present their hits with a 58-piece orchestra and a 60-piece choir.



### Various Artists Johnny Cash: The Music Forever Words

Genre: Easy Listening Rating: PG

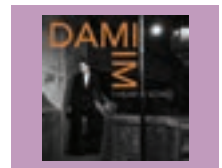
A collaborative album consisting of songs created from Johnny Cash's unknown poetry, lyrics and letters set to music and transformed into song by artists including Willie Nelson, Brad Paisley and Elvis Costello.



### 10th Birthday Party Lah-Lah

Genre: Soundtracks Rating: G

Lah-Lah introduces children and their families to the wonderful world of music and musical instruments. This album celebrates 10 years since the emergence of Lah-Lah, with a mixture of new songs and favourites.



### Dami Im I Hear a Voice

Genre: Easy Listening Rating: PG

Dami Im breathes new life into jazz classics, while also weaving pared-back pop hits around two stunning new original songs.

# Your health inflight

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

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

## Blood Circulation / Muscle Relaxation

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

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

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

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

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

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

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

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

### *Recommendations*

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

## Jetlag

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

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

### *Recommendations*

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





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

## Cabin Humidity / Dehydration

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

### *Recommendations*

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

## Eating and Drinking

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

### *Recommendations*

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

## Cabin Pressurisation

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

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

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

### *Recommendations*

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

## Motion Sickness

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

### *Recommendations*

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







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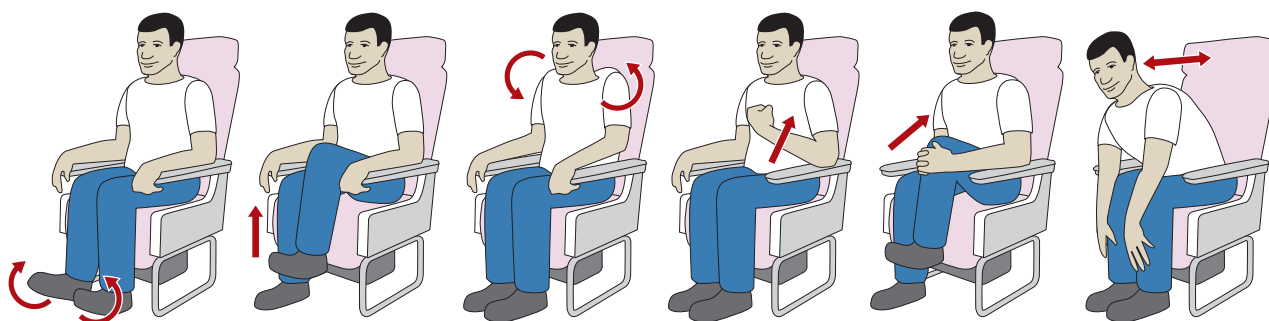
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# Your wellbeing



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

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



## ANKLE CIRCLES

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

## KNEE LIFTS

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

## SHOULDER ROLL

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

## ARM CURL

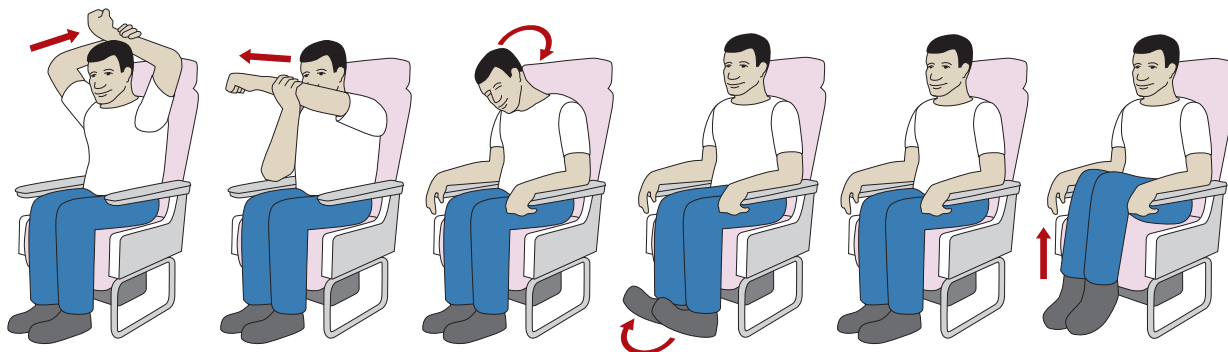
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

## KNEE TO CHEST

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

## FORWARD FLEX

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



## OVERHEAD STRETCH

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

## SHOULDER STRETCH

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

## NECK ROLL

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

## FOOT PUMPS

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

2. Put both feet flat on the floor.

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



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