

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 3 MAY - JUNE 2018

PARADISE

DIVE IN 7 adventures that define PNG

SALTWATER DELIGHT

A remote surf retreat in the Solomon Islands

CITY GUIDE

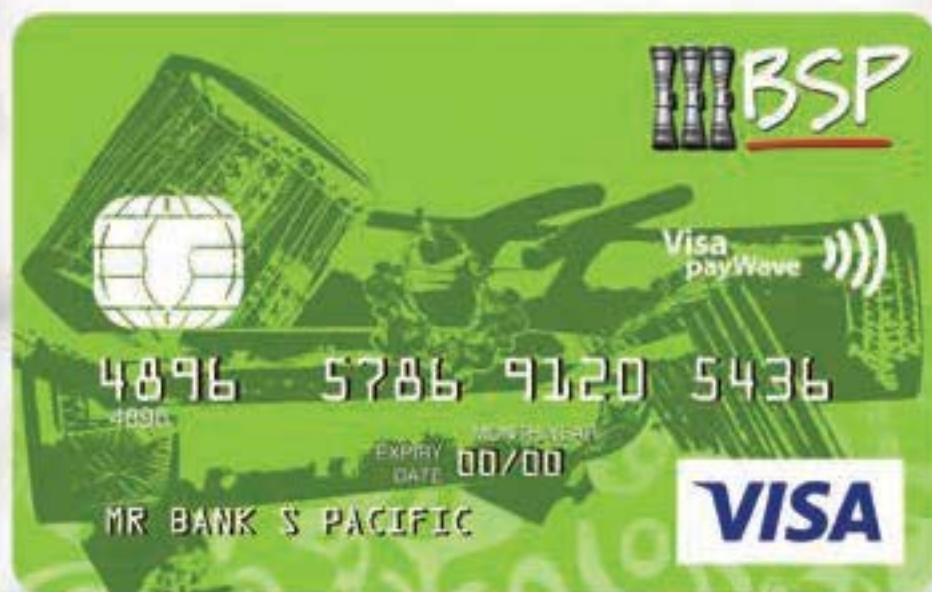
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IN PARADISE

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OUR COUNTRY, OUR REGION, OUR WORLD



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Cover photo: Heavy traffic under the water at Barracuda Point at Milne Bay, one of the places featured in our story about seven adventures that define PNG. See page 22. Picture: Diveplanit



PARADISE



*Paradise is the complimentary in-flight magazine of Air Niugini, Papua New Guinea's international airline.
Business Advantage International publishes it six times a year.*

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Printed in Australia. Both printer and paper manufacturer for this publication are accredited to ISO14001, the internationally recognised standard for environmental management. This publication is printed using vegetable inks and the stock is elemental chlorine free and manufactured using sustainable forestry practices.

Some of the articles in this publication are edited versions of those first published on the online PNG business magazine, businessadvantagepng.com.

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Message from the Chairman

Welcome aboard



The retirement of Simon Foo on March 30 as chief executive officer of Air Niugini deserves to be acknowledged. In

thanking him, and welcoming our acting CEO, Tahawar Durrani, I want to briefly outline some of the significant achievements made during Simon's five years as CEO.

In response to the directive by the board of Air Niugini for significant restructuring to achieve greater efficiency

and secure the airline's financial future, the airline's management, under Simon, implemented a major restructure, including a review of employment conditions, without industrial disruption.

It also underwent a major re-fleet program, which has delivered passenger-friendly and longer-range aircraft for the next decade. (The program will be completed soon with the introduction of the last three of nine Fokker 70 planes.)

They will be equipped with new economy and business class seats, and Wi-Fi streaming, operating on our main domestic routes and key regional services to the Pacific Island capitals and North Queensland.

Another important achievement under Simon's watch has been the establishment of Air Niugini's subsidiary airline, Link PNG, which has enabled us to expand air services to remote and smaller destinations across Papua New Guinea.

Link PNG has won acceptance from passengers and local leaders and communities, and is playing a vital role in meeting the air travel needs of our district centres and rural population.

After a career with Air Niugini that goes back to the foundation of the airline in 1973, Simon leaves with the gratitude of the board, and our shareholder, the National Government, as well as our 2000 employees.

We welcome Tahawar Durrani, who has served in senior management positions with the airline for 13 years. He brings integrity, commitment and vast experience in the airline industry to our top management position.

Meanwhile, the airline's new residential apartments, next to head office in the Jacksons International Airport precinct, opened recently.

The complex represents a valuable development for Air Niugini as it will provide accommodation for airline executives and contract staff, including pilots. It will also be available to staff from provincial, regional and overseas posts attending training and conferences.

The new complex will cut the airline's accommodation costs, and deliver other efficiencies in areas including transport and security.

Our next major infrastructure project is a new hangar facility that will enable heavy maintenance of aircraft to be carried out in country for the first time. This will deliver massive cost savings for the airline.

Earlier this year, 10 young Papua New Guinean aircraft maintenance engineers returned after a four-year training program at the Air New Zealand Aviation Institute in Christchurch. The program is an ongoing partnership with Air New Zealand and is enhancing our already first-class training and skilling commitment to our national employees.

Air Niugini is not just proud of our localisation and training achievements, we are at the forefront in enhancing the role of women in our employment. Recently we welcomed Beverly Pakii as our first female jet aircraft captain, followed by Sharon Tarah who has taken command as a Dash-8 captain.

Last year, our first female general manager, Bonai Wala, was appointed to head one of our key subsidiary companies, Air Niugini Properties and Facilities. In total we have 52 women in managerial roles.

Before I conclude, I need to explain the recent disruption to some services, caused by a worldwide shortage of experienced pilots.

We predicted the shortage and have already stepped up training, but the loss of some pilots has necessitated a short-term reduction in some air services.

I can assure you, our valued passengers, the restoration of full services is a priority. I apologise for any inconvenience and thank you for supporting Air Niugini.

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

A handwritten signature in black ink, appearing to read 'Frederick Reiher'.

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



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Air Niugini opens staff apartments

Air Niugini's new staff accommodation complex, next to its head office at Seven Mile in Port Moresby, was opened recently.

The eight-storey building has 138 units, including one and two-bedroom, studio and dual key apartments. It also has a swimming pool, gym, restaurant, bar, laundry and dry cleaning for commercial use.

The Prime Minister, Peter O'Neill, who officially opened the PGK100 million building,

praised the airline for providing staff with accommodation of international standard.

The building will accommodate pilots, engineers, management executives and other contract staff.

It will also provide accommodation for airline staff outside Port Moresby who are visiting for training and conference purposes.

The project is expected to save Air Niugini PGK18million annually in accommodation costs.

Air Niugini board chairman, Sir Frederick Reiher, said the accommodation complex has been built as close as possible to the airport, terminals and offices. It is part of the airline's ongoing bid to increase efficiencies and reduce operating costs.

"This staff accommodation complex is a great, long-term asset, which will support Air Niugini's operations well into the future," he said. ■



Grand opening ... (clockwise from left) the Prime Minister, Peter O'Neill, delivers the keynote address at the official opening of Air Niugini's new staff apartments; Air Niugini executives Simon Foo, Sir Frederick Reiher and Tahawar Durrani; a Manus dance group welcomes the PM; the PM unveils the plaque, while Cardinal John Ribat, Sir Frederick Reiher, and government ministers William Duma and Alfred Manase look on; Air Niugini's Sir Frederick Reiher and Simon Foo with Evelyn Foo and Lady Helen Reiher; the PGK100 million building near the airport.





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Airline appoints acting CEO

Tahawar Durrani has been appointed as the acting chief executive officer of Air Niugini, following the retirement of Simon Foo on March 30.

Durrani, an Australian citizen, has been employed by Air Niugini since July 2005. Since December 2014, he has been general manager of airline operations, essentially the chief operating officer.

He holds a bachelor of aeronautical engineering, a masters in business administration majoring in finance, and a masters in information technology.

"Since being with Air Niugini, he has demonstrated great

leadership capacity and has implemented many good initiatives," the chairman of the Air Niugini board, Sir Frederick Reiher, said. "He has shown himself to be an effective team builder and a motivator of staff."

“
He has shown
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effective team
builder and a
motivator of staff.
”

Durrani has built capacity in the engineering department, enabling heavy maintenance of Dash 8 and Fokker aircraft to be brought back to Port Moresby from overseas.

A statement from the board refers to him as a hands-on leader who makes himself available 24/7 to fix problems.

The Air Niugini board has full confidence in his leadership, Sir Frederick said.

Air Niugini has also recently appointed two executive managers to lead the airline's information technology (IT) and customer affairs departments.

Wendy Henao has been appointed to the IT position after



Tahawar Durrani ... the acting CEO has been with Air Niugini since 2005.

being with the department for 29 years. Peter Dokta has taken over the customer affairs department after being with the airline for 14 years. ■

Women emerging as leaders

An emerging leaders' program by Air Niugini is proving a success, with an increasing number of Papua New Guineans, including women, being appointed to managerial positions with the airline.

Of the 25 second-tier management staff selected to participate in the initial program last year, half are women who have now been appointed to permanent managerial positions.

Apart from appointments made through the program, the company has also appointed women to managerial positions outside the program, including positions with the airline's subsidiary companies. Currently, there are 52 female managers, a record for the airline.



On the front line ... Air Niugini has a record number of 52 female managers, many graduating from the airline's emerging leaders' program.

Air Niugini's general manager of human resources, Rei Logona, said the airline is supportive of gender equality in the workforce. He said the appointments are based on individual merit, including industry knowledge, experience, skills and qualifications.

"It is very encouraging to see more national women taking up managerial positions through the emerging leaders' program, as well as through direct

appointments based on due processes," he said.

"Our staff are treated with respect, fairness and equity. The person whose skills, knowledge and experience best matches the job requirement is selected and these women (the 52) happen to be the most suitable," Logona said.

Air Niugini invests up to PGK16 million each year for training and human resource development. ■

AIR SCHEDULE IMPROVED

Air Niugini has updated its flight schedule to improve reliability and convenience.

Effective from March 11, some multi-sector flights on the domestic network have been suspended and replaced with additional direct flights.

Among the changes, the direct flights between Port Moresby and Lae have increased from three to four daily; between Port Moresby and Hoskins from one to two daily, except for Monday and Friday; and from Port Moresby to Vanimo, via Wewak, from three to four daily.

On the international sector, the Fokker 70/100 Cairns morning flights on Tuesday, Thursday and Friday have been upgraded to Boeing 737 aircraft, while the overnight flights on Monday and Thursday have been suspended. ■





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PARADISE Q&A

DR GENEVIEVE NELSON

The chief executive officer of the Kokoda Track Foundation (KTF) tells how the organisation's humanitarian work is now spreading far beyond the track, delivering education, health and even solar lighting to rural communities across the country.

Q: What is KTF?

A: It's an Australian non-government organisation that operates all of its activities in Papua New Guinea. We were founded in 2003 and in the first decade we worked solely along, and around, the Kokoda Track. We deliver programs in education, health and leadership. We do things like build schools, train teachers and community health workers, fund jobs for teachers and health workers, provide medical resources and deliver education supplies – all in partnership with provincial governments. We also built and operate the Kokoda College, a tertiary training facility. In the past 18 months we have rolled out a big solar light project called 'Light Up PNG', in partnership with SolarBuddy, and provided 7500 solar lights across the country.

Q: How long have you been involved with KTF?

A: I took over as the chief executive officer in 2009, but I was one of the co-founders in 2003. There was a small group of us who had walked along the track. I did it as part of a university leadership scholarship at a time when trekker numbers were low, but we all knew there would be a significant increase as people were learning more about Kokoda in Australian schools. I did my first Kokoda trek in 2000 and was one of only about 50 people, but in 2008 (when numbers peaked) there were 6000. We wanted to form a foundation to be a conduit of the goodwill that we hoped would come from the trekking industry. It was a way to give back.

Q: And now you've expanded your work beyond Kokoda?

A: We are working across 16 provinces in the country and our aim by 2020 is to be in all 22 provinces.

Q: One of your major projects is 'Teach for Tomorrow'. Can you tell us about that?

A: About two years ago, we discovered there was a large cohort of partially trained elementary teachers, about 7000 across PNG, who had started their training but had never been given the opportunity to complete it. There was a looming deadline that if teachers didn't complete their training they would lose any qualifications they had received to date, and in essence these 7000 would have to exit the teaching profession. These teachers are working and volunteering – they are upholding the elementary system, particularly in rural PNG. If they were to all lose qualifications and have to walk away the whole thing (education system) would be crippled. We thought we had to do something about this ... education is our thing, it is our passion. The National Department of Education authorised us to go into provinces and complete the training for as many teachers as we could. Over 18 months, we have trained 2300

teachers across 10 provinces and over the next six months we aim to train another 1500 teachers across four more provinces.

Q: It must be satisfying to be achieving these positive results at Kokoda and beyond.

A: Every village along the track today has an operating elementary or primary school and a health facility. That is worlds away from when I first went there in 2000, when I think there were just two schools. There are wonderful success stories along the track. There has been major change. Is there need for more? Absolutely yes.

Q: How many times have you trekked Kokoda?

A: I did my 20th trek last October.

Q: How would you describe it?

A: Gruelling. Kokoda is a long hard slog and you need to have the right mindset. Five times harder is Mount Wilhelm (PNG's highest mountain). We attempted to get to the top in December but had to turn back one hour from the summit because of bad weather and the first signs of altitude sickness in our group. It was heartbreaking to be that close and not get there.

The Kokoda trekking season has started and will operate until about November. For more information about KTF, see ktf.ngo.

PICTURE:
ROBERT UPE

TOP SURFERS RETURNING TO PNG

PICTURES: WSL

Best foot forward ... France's Victoria Vergara in action at last year's WSL event in PNG.

The World Surf League (WSL) longboard championship is returning to Papua New Guinea later this year. The event is pencilled in for late October at Vanimo, in Sandaun Province, in the far north of the country.

PNG successfully staged its inaugural WSL longboard event at Tupira Surf Club, in Madang Province, in March 2017.

At the time, the winner of the men's event, Taylor Jensen from the US, said: "This has been an amazing experience from start to finish. The people here are amazing and this is something I'll never forget."



Surfing's brothers in arms ... (from left) Nicholas Kirriwom, world champion surfer Mick Fanning and Andy Abel at the Gold Coast.

Big crowds are expected again to watch the world's best male and female longboarders. The event will also be live streamed by the WSL to a potential audience of 120 million people around the world.

The PNG round of the championship will carry a 50 per cent point weighting on the world circuit, meaning the Vanimo event will be hotly contested and that PNG has a significant profile on the world circuit.

Andy Abel, the president and co-founder of the Surfing Association of Papua New Guinea (SAPNG), says the SAPNG and the WSL are working together closely in the planning for Vanimo.

Justice Nicholas Kirriwom, the patron of the Tupira Surf Club, and Abel attended the recent WSL awards on the Gold Coast in Australia.

Abel says PNG surfing was "truly on show" at the awards, which are attended by the biggest names in world surfing.

"PNG was mentioned by many throughout the night," says Abel. "They are still talking about the beauty and adventure they had in PNG (at the last event) and that it is like no where else they'd surfed before." ■

The Earhart mystery

A new study claims it may have solved the mystery of missing US aviation pioneer Amelia Earhart, who was last seen taking off from Lae in 1937.

The study, which adds to the boundless theories of what happened to the aviatrix, claims that bones found on Nikumaroro Island in the Pacific in 1940 are those of Earhart.

Analysis in 1941 concluded that the bones were of a male; however, new science now challenges that theory.

The study was recently published in the journal, *Forensic Anthropology*.

The Earhart mystery was extensively covered by *Paradise* last year. To see the full article go to the September/October 2017 issue at airniuginiparadise.com. ■



NUMBER CRUNCH

80-85 per cent of Papua New Guinea's population directly derives its livelihood from farming, and 15-20 per cent of the population lives in urban areas. Source: dfat.gov.au.





Hilton Hotel, Port Moresby ... an artist's impression of the new hotel, which is still under construction.

New Hilton taking shape in Port Moresby

Work is continuing apace on Port Moresby's new Hilton Hotel at the Star Mountain Plaza development at Waigani.

The 16-storey, 212-room hotel is due to open in September and will have four restaurants and two bars, a business centre, health club, spa, and an outdoor pool.

There will be 164 standard rooms, 46 executive suites and two chairman suites.

Hilton will also manage the new Kutubu Convention Centre at Star Mountain. The centre will have a banquet hall with a capacity of up to 800 people, six meeting rooms and an outdoor amphitheatre.

Once finished, the PGK1.5 billion Star

Mountain Plaza will be PNG's first integrated commercial development, including hotels, shops and apartments.

It is going up in three stages. Stage one includes the Hilton Hotel and the convention centre, stage two is 160 apartments and shops, and stage three is another 150-room hotel as well as shops and offices. ■



Hong Kong for shoppers

Hong Kong is a shopping paradise. It's said that if you can't get a particular item you want in Hong Kong, the thing probably doesn't exist. And if you do get it in Hong Kong, it's probably cheaper than in most other places – all thanks to its free port status and absence of tariffs, customs duties and sales tax.

Hong Kong's shopping is given an added fillip

during the Hong Kong Shopping Festival, which is on from June 1 to August 31 this year.

There are even more discounts than usual during the festival, which is based in the city's many swanky malls. ■

– TAN HOO CHWOON



Air Niugini flies from Port Moresby to Hong Kong three times a week. See airniugini.com.pg.

A SHOWCASE OF PNG STORIES AND PHOTOS

The *Paradise Annual 2018*, featuring stories and photos about Papua New Guinea's travel and culture, is due for release in May. The special collectors' publication includes the most popular stories and photos that have featured in the regular inflight issues of *Paradise*.

The annual also has a brand-new guide to all of the country's 22 provinces.

It's the most comprehensive province guide of its kind ever published, with details on things to do, places to stay, flight times from Port Moresby and comments from locals on what they love about their provinces.



The photos of New York-based, Puerto Rico-born Wylda Bayron are included in the guide and show the traditional costumes from each province.

Prolific PNG photographer David Kirkland features throughout the magazine, and it's his amazing photo of a Huli Wigman at a waterfall that was selected for the cover (pictured).

The annual also includes a travel map that shows PNG lodges, and hot spots for activities such as bird watching, surfing, trekking, fishing and diving.

There's also a directory listing PNG's festivals, tour operators, hotels and restaurants.

Surfers, divers, trekkers and adventurers will find stories to inspire them as our writers and photographers recount their travels off the beaten track, and we delve into PNG festivals and food.

The free annual will be available in Air Niugini offices, airport lounges, and hotels. Limited hardback issues will be for sale at leading retailers, including 'A Little Something from PNG' at Port Moresby's Jacksons International Airport. ■





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Big plastic clean-up starts in PNG

The marine conservation, protection and development organisation Help PNG has started a campaign to clean up plastic waste in Papua New Guinea.

The organisation's chief executive officer, Frank Butler, says the three-year 'Ban the Bag' initiative will aim to reduce waste by eventually outlawing single-use plastic (SUP) bags.

By the beginning of 2021, he is hoping there will be legislation in place to make it impossible for SUP bags to be brought into the country.

At least 15 countries in Africa, including Rwanda, Uganda and Kenya, already ban SUP bags, while in Asia there are restrictions

in several countries, including China, Hong Kong and Indonesia.

Butler says the campaign will also target bottles, straws, cups, knives and plates – any SUP item that can be replaced by a more environmentally friendly alternative.

As part of the project, women's groups are being established to

make reusable cotton bags.

A community education program has also been started and includes

one-on-one engagement with store owners and supermarket staff.

Butler says another aim of the project is to establish a 20 toea charge for plastic bags at the main supermarkets around the country to discourage use of SUP bags.

"Because of the extended time frame (of the project), the easy gradual transition, and the public awareness, we anticipate that the change (away from plastics) will be widely supported."

He says the mention of plastic waste never fails to elicit a strong response, "with a huge majority of people saying it is a tragedy".

The project is being rolled out in Port Moresby and will gradually be expanded to regional areas. ■



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Wreckage of aircraft carrier found in Coral Sea

Wreckage from the USS *Lexington*, an aircraft carrier that sank during the Battle of the Coral Sea with Japanese forces during World War 2, has been found three kilometres beneath the sea surface and about 800 kilometres off the eastern coast of Australia.

The badly damaged ship, nicknamed 'Lady Lex', was scuttled after the battle in May 1942. More than 200 crew died in the battle, but another 2770 were rescued before the *Lexington* went down, along with 35 aircraft.

One of the most remarkable elements of the discovery is

well-preserved aircraft (pictured), bearing US Army Air Force insignia on their wings and fuselage.

On one aircraft, an emblem of the cartoon character Felix the Cat can be seen, along with four miniature Japanese flags presumably depicting 'kills'.

The ship took part in the Battle of the Coral Sea with the USS *Yorktown* against three Japanese carriers, the first carrier versus carrier battle in history.

A month after the *Lexington* was sunk, the US Navy surprised Japanese forces at the Battle of Midway and turned the tide of the war in the Pacific.



The wreckage was found by a team funded by Microsoft co-founder and billionaire, Paul Allen, on board a research vessel, *Petrel*.

Robert Kraft, director of subsea operations for Allen, says finding

the *Lexington* was a priority because she was one of the capital ships that was lost during World War 2. ■

— KEVIN MCQUILLAN

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BIG PICTURE

PICTURE: BRUNO LOUEY

A successful fishing expedition. Two boys from Hangan village on Bougainville's Buka Island pose with their freshly caught reef fish. On weekends, when they're not at elementary school, the boys love to go spear diving along the reefs as one of their hobbies and a way of living.



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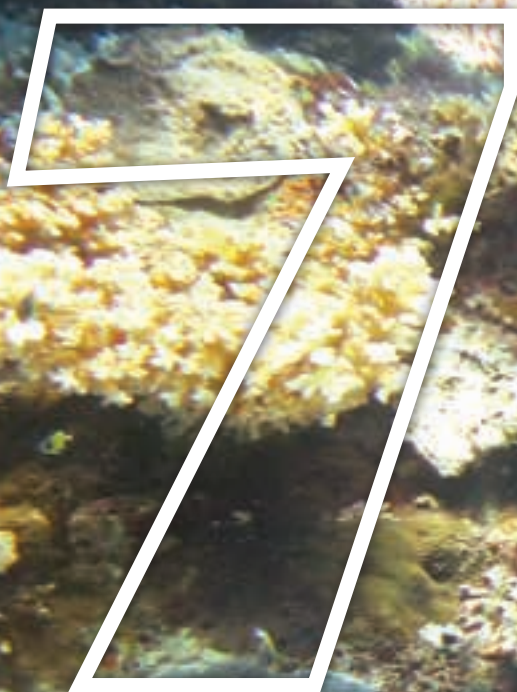


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Deacon's Reef is home to some of the most spectacular coral on the planet, vast walls of the stuff that reach 30 metres to the sea floor below.

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ADVENTURES THAT DEFINE PNG

Award-winning travel writer *Ben Groundwater* dives in at the deep end and picks out some of PNG's most irresistible experiences.

Visitors feel it the minute they touch down in Port Moresby, the moment the aeroplane doors open and they step out onto the tarmac. There's an air of adventure that permeates Papua New Guinea, a sense that here, a courageous soul will find what it's looking for.

There's so much about PNG that appeals to the adventure travel set. It's the landscapes: from densely forested mountains to tropical islands, volcanic fjords to underwater wonderlands. It's also the culture: with more than 1000 distinct tribal groups, and 852 spoken languages, this is

a country that fascinates. And of course, PNG's appeal is also in its activities: from long hikes through the jungle to scuba diving under the sea, kayaking in pristine waters to exploring urban and rural life.

Essentially, there's never a dull moment in PNG. And if

visitors have the right sense of adventure, the willingness to step outside of their comfort zone and discover the activities that truly make this country tick, they'll love every minute of it.



1 DIVE IN MILNE BAY

For scuba divers, to describe PNG as an 'adventure' would be to sell it short. Because PNG is paradise. There's pretty much nowhere else in the world that offers diving of the same quality – nowhere you'll find the same mix of hard and soft corals, with colours so perfectly visible in clear ocean; nowhere

you'll discover such abundant sea life ranging from the tiniest, most colourful nudibranch (a sort of neon mollusc that you'll spot gracefully gliding by) to the largest pelagic fish, or World War 2 wrecks resting in shallow water. And you certainly won't find a spot like this that you'll be sharing with barely another soul.

Deacon's Reef ... one of the popular dive sites in the Milne Bay area.

There's excellent diving in the Milne Bay area, where many divers tend to begin their underwater adventure at a site called Deacon's Reef, which is just 10 minutes by boat from the dive resort Tawali (accessible from Alotau). Deacon's Reef is home to some of the most spectacular coral on the planet, vast walls of the stuff that reach

30 metres to the sea floor below, giant underwater gorges that divers can fin through as soft corals twist and wave on either side. Nearby Barracuda Point, meanwhile, is a fish-lover's paradise, where schools of parrotfish, angelfish, sturgeons and groppers battle for space with the eponymous barracuda. ►



7 adventures that define PNG

2 WATCH THE BAINING FIRE DANCERS

There's a thump of wood on wood, a cadence that echoes in the jungle, its power amplified by the pitch darkness around. Thump, thump, thump. That's all you hear. You trick yourself into thinking you can see it, too. And then it happens: a figure ducks out from the darkness, strikes a match and lights the giant pile of sticks and leaves in the centre of the clearing, the bonfire catches, and the Baining fire dancers appear.

This is a ritual played out in the province of East New Britain, up in the mountains to the south of Kokopo. It's a richly held tradition, a ceremony conducted by the

Baining tribe that the lucky few visitors also get to witness.

You wait in that clearing in the forest as the bonfire builds in intensity, until finally the dancers run in, their legs and torsos human, but their heads huge and ethereal, their eyes boggling wildly in the dancing light. One by one, the dancers crash into the fire, stomping on it, dancing in it, revelling and fighting it.

These fire dances are a ritual of celebration and obeisance, an initiation ceremony and an appeasement of the gods. They're also unique to PNG, and the journey from Kokopo up into the mountains, in the dead of night, to witness a ceremony is something visitors never forget.



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7 adventures that define PNG

Hot flush ... a Baining fire dancer (opposite page);
Maira village children at play at Mioko Island, where
visitors are welcome to stay (this page).



3 STAY WITH LOCALS ON AN ISLAND

There are no hotels in Maira, a small village on the island of Mioko. There's a small collection of wooden houses, a brightly painted school and a footy field. There's a beach where locals hang out and chat. It takes about two hours to get to Maira from Kokopo, the capital of East New Britain, but it seems another world away.

Gone are the trappings of modern life (save for a generator to charge everyone's phones), and in their place is tropical bliss, the likes of which people travel a long way to enjoy.

Your accommodation here: someone's house, on a thin mattress below a mosquito net, on a wooden floor. Your activities: wander the village, sitting with groups of women as they weave mats, kicking a footy with the local kids, resting under trees and sipping from fresh coconuts. That's about it. Mioko Island is a time warp, a place where shells are occasionally used as currency. Relax and just soak it up. ➤

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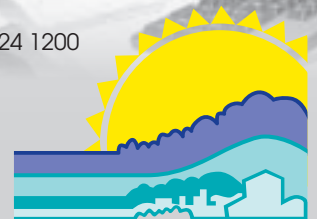
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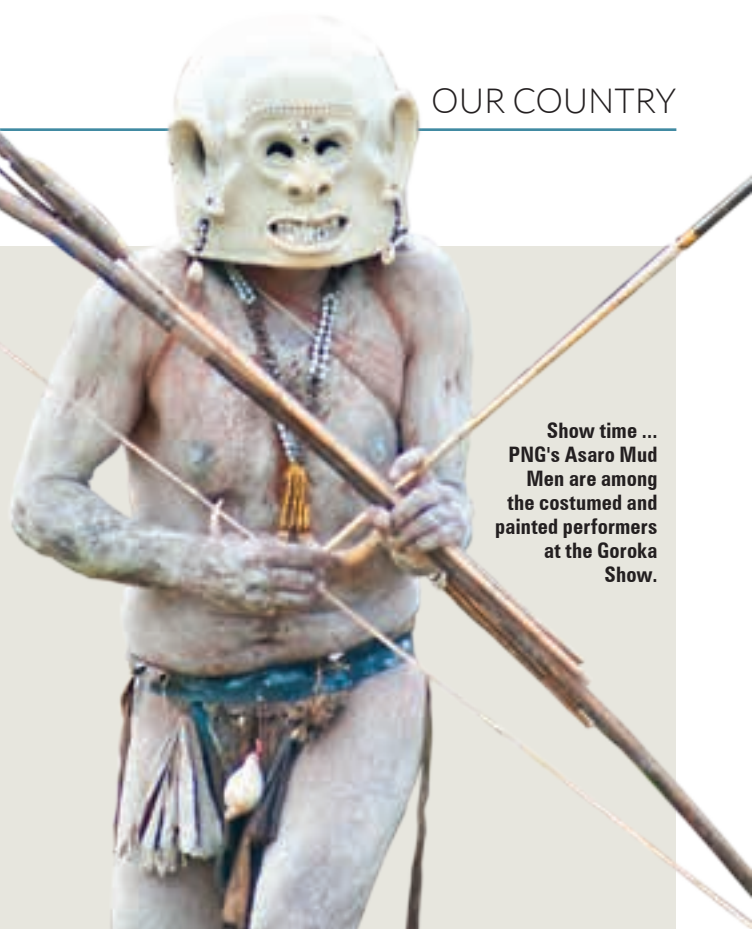
7 adventures that define PNG

4 JOIN THE FESTIVITIES AT THE GOROKA SHOW

Brilliantly plumed people from many different tribes, gathered together, their outfits imposing and impressive, their attitudes proud but welcoming – these are the first images that come to mind for many when they picture PNG. Their photos are everywhere, because they're so striking.

This gathering is a highlight of the Goroka Show, an annual cultural festival in the Eastern Highlands, an event that draws members of more than 100 tribes, who come together to display their culture and to share in the traditions of others.

It feels like an adventure just being in Goroka, far up in the mountains, a place that's so distinct and so isolated from the rest of the country. However, at show time in September, the town comes into its own, filling up with performers and onlookers from all around. Don't miss the *sing-sings*, the traditional dances and rituals at which those beautifully costumed performers – clad in feathers and face paint, beads and chalk – strut their stuff.



Show time ... PNG's Asaro Mud Men are among the costumed and painted performers at the Goroka Show.

Footslog ... trekkers with the Kokoda Treks company negotiate a river crossing on the famous trail.



5 HIKE THE KOKODA TRAIL

This isn't just one of PNG's great adventures – it's one of the world's great adventures, and it's a journey that's become close to the heart for many visitors, particularly Australians.

What was once a World War 2 battlefield, where Allied troops repelled the advances of the Japanese as they sought to capture Port Moresby, has now become a rite of passage for modern travellers, a way to respect the sacrifices of the soldiers while

having an adventure of your own.

Hiking the Kokoda Trail is no picnic. It's a 96-kilometre slog along an undulating and sometimes muddy trail that leads into the heart of the PNG jungle. You're looking at about eight or nine days to complete this arduous journey,

with full days of hiking, and long nights spent in tents resting aching limbs. It's tough, yes – but the scenery is beautiful, the people you share this experience with may be friends for life, and the feeling of achievement is worth every ache and pain. ➤





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7 adventures that define PNG



Surfers' paradise ... the Tupira Surf Club with a temporary tent city set up for last year's World Surf League longboard competition.

6 SURF THE LONELY WAVES OF TUPIRA

There isn't a surfer alive who doesn't dream of a perfect break without anyone else on it. And Tupira, in the province of Madang, offers that very place. The surf culture is in its infancy in this northern coastal village, where

there's just one surf club, which caps its occupancy at 12 surfers. Those lucky few have their choice of seven breaks, all the sort of clean, barrelling waves that surfers picture when they go to sleep at night. There's a few right-handers, a few left-handers, some that work every day of the week, others

that need a little more swell to really turn it on. Regardless, you're almost guaranteed a good ride in Tupira any day between October and April.

And of course, the adventure doesn't begin and end in the ocean. This is a part of PNG that's rarely visited by tourists, a rustic spot

with friendly locals and beautiful landscape. Most surfers stay at Tupira Surf Club, which doubles as a guesthouse, eating food prepared (and often caught) by the locals, going out fishing on quiet days, and just hanging out in the nearby village. ➤

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7 adventures that define PNG

7 KAYAK PNG'S FJORDS

PNG has fjords. That's the first thing to get your head around, the first surprise of many who visit the beautiful area around Cape Nelson in the northern Oro Province.

Here, a series of deep fjords have been carved out by volcanic movement over millions of years and, these days, the pristine waterways are perfect for exploring by sea kayak.

Many adventurers choose to base themselves in Tufi, a small village (as well as the name of the resort, tufidive.com) on the tip of Cape Nelson, which was once a British government station, and which now provides easy access for exploring the fjords.

Each waterway snakes its way through steep, densely forested mountains, the pathways cut long ago by lava flow. Villagers paddle past in wooden dug-out canoes. Groups of divers head to the reef.

In a kayak, the pace is gentle and the scenery spectacular. You call in and visit small villages that barely see a western visitor all year. You paddle into estuaries and explore inlets. You spend the night in homestays in tiny towns. It's an adventure like no other. ■

Ben Groundwater is a travel writer, blogger and author who has visited 60 countries, including PNG. He won the travel writer of the year award in 2015, awarded by the Australian Society of Travel Writers. See more about him at bengroundwater.com.

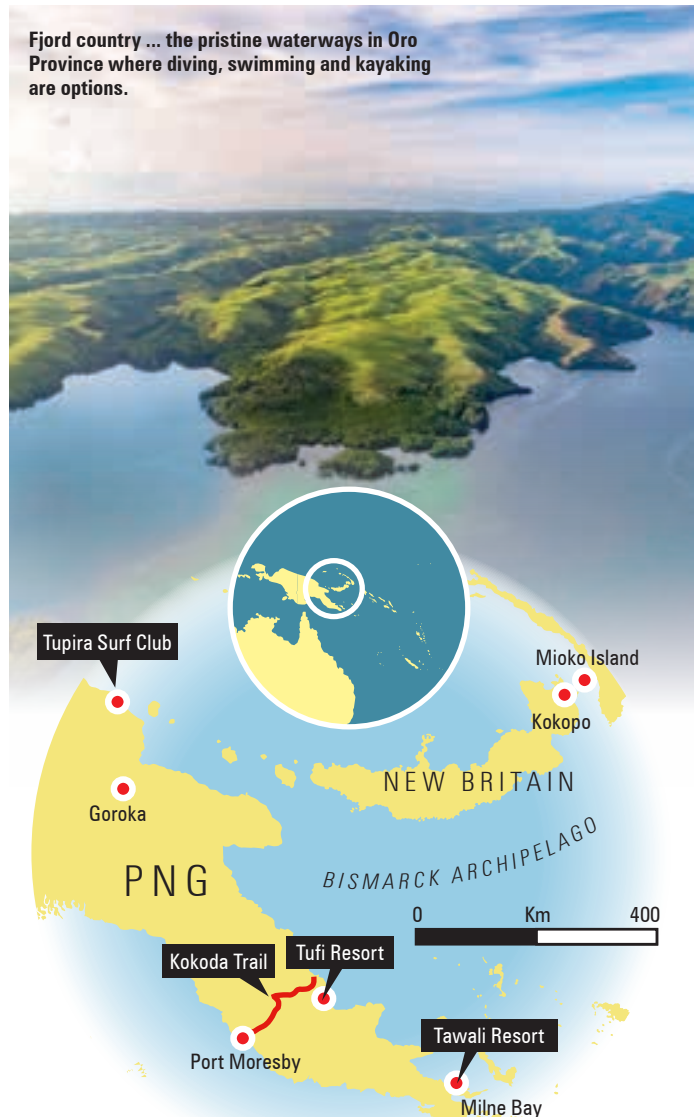


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KEY CONTACTS & DATES

- Tawali Resort, Milne Bay, see tawali.com.
- Baining fire dancers can be seen at the Mask Festival at Kokopo, July 11–14 this year.
- A homestay at Maira on Mioko Island can be booked with villagehuts.com or Kokopo Beach Bungalow Resort, see kbb.com.pg.
- The Goroka Show is September 14–16. Multiple tour companies operate trips to the show.
- The Kokoda Trail is best between May and October. Multiple operators take trips, including kokodatreks.com.
- Tupira Surf Club, tel. +675 7349 3169, see facebook.com/tupiramira.
- Tufi Resort, see tufidive.com.



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PICTURES: NO ROADS EXPEDITIONS



Where no one has gone before

Reaching Mount Giluwe's summit is hard enough, but a group of intrepid trekkers recently went over the top, down the other side and into the unknown, reports *Brian Johnston*.

Trek stop ... the Mount Giluwe hikers soak up the views.



First you slither upwards on muddy tracks in a 4WD. Then you start walking through bush that you have to machete aside, and lurch across swampy dips in the landscape.

Dense forest creates a *Ninja Warrior* obstacle course of ferns, dangling lianas and boulder-strewn rivers. As you get higher, the forest fades. This isn't the Papua New Guinea of coconut trees and pretty birds of paradise you might imagine. At times, it could be the Scottish Highlands, damp and scrubby. Humans are ants in this landscape. At times, there are heart-banging scrambles up ridges. Sharp peaks of split rock loom.

This is just the hike to the top of Mount Giluwe, 4367 metres above sea level, in PNG's Southern Highlands. It's the country's second-highest peak and the loftiest volcanic peak in Australasia, making it one of seven volcanoes worldwide that serious hikers want to summit. But imagine, after all that, arriving at the top, looking down the other side and thinking, let's do that, let's walk where no outsiders have been recorded walking before, into silent gullies and through thick bamboo forest where an hour's

effort gets you 500 metres. And you hope your efforts get you back to civilisation, eventually.

"When we finally hit a small village, locals couldn't believe their eyes. They'd never seen people come from that side of the mountain," says Peter Miller. "And when we told them where we'd started, they literally gasped in disbelief."

Miller is the managing director of hiking company No Roads Expeditions. Last year, he led 25 PNG nationals and six Australians on a seven-day trek that took them across Mount Giluwe.

Explorer brothers Mick and Dan Leahy 'discovered' the mountain in 1933, but since then it has been summited far less than Mount Wilhelm (PNG's highest mountain). Once past road's end, there are no signposts, no tracks, no signs of human life. There are no documented accounts of anyone taking a different way down the massif.

Getting to Mount Giluwe's summit is a struggle. The mountain was formed by volcanic eruptions and then covered by an icecap and has typical glacial U-shaped valleys, rubble-strewn moraines and high plateaux. ➤



Where no one has gone before

The trek starts in lower montane rainforest notable for pandanus, ferns, orchids, begonias and bamboo. Tangled roots slow progress. Higher up, trees are stunted and hang with moss.

At around 3000 metres, the forest peters out, replaced by alpine grassland dotted with lakes and bogs. The grasslands are exposed to the elements. Water is plentiful, but there's no fuel for fires. It's an eroded, weather-beaten landscape subject to sudden winds, rains and occasionally snow. Camp overnight and you'll see light arrive in purple blankets of clouds as if it's the dawn of time. Fog usually clears by early morning. The sun casts an orange glow onto the hilltops and moves bands of light across the landscape.

"Though not a technical trek and requiring only reasonable fitness, this is an expedition not to be underestimated," says Miller. "You can burn in the sun, or alternatively get hypothermia from a combination of wet clothes, wind, hunger and fatigue."

The trailblazing expedition began at 2600 metres at Melki village, with the summit reached over several days as plunging valley views and jagged peaks became ever more extraordinary. The



Mountain shelter ... trekkers and guides find an evening refuge (above); a pause for reflection at one of the Mount Giluwe's many lakes (below).

last few hundred metres were a scramble, often over wet rocks, with intimidating drops just off the route. A surveyor's pole marks Mount Giluwe's summit.

"Getting that far was no problem, it had been done before – maybe

The team initially employed experienced trekkers from Mount Hagen and the Kokoda Trail but, as they started out, local Giluwe men insisted on coming too. No one knew anything about where they were going, however. The

“

**The traverse was uncharted territory.
The local men had never
known anyone go there.**

”

10 people a year do it – but the subsequent traverse was uncharted territory. The local men had never known anyone go there, and were nervous."

team had, the day before, briefly surveyed the mountain's western flank from the summit, and carried a GPS, but it was slow, with scouts sent forward to seek out the best

route over spurs, and around or through gullies. It was the climb up, but in reverse, grassland giving way to forest. The tangled vegetation had to be lopped with machetes.

The tinkling of a stream that they never actually set eyes on became a rough audio guide. "If we could hear this stream and we were descending, we knew we were heading in the right direction," explains Miller. "But with men from three different parts of PNG wanting to lead the way, we inevitably lost both the stream and ourselves."

Finally, at dusk on the seventh day, the footsore, sweat-soaked band of adventurers stumbled across a hunting trail and out of the forest, where they set up their last camp before the next day's luxuries of showers, square meals and a soft sleep. There was no fanfare, no celebration, no fireworks or fuss; only the jaw-dropped surprise of local villagers, and a feeling of accomplishment.

"It's not often that you come across a mountain that has never been climbed or traversed," says a gleeful Miller. "I just love this stuff!" ➤





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Where no one has gone before

No rest for the weary, however. No Roads Expeditions is now determined to launch expeditions that will eventually climb every 4000-metre peak in PNG. Next up is Mount Kabangama, with no records showing it has ever been summited, let alone traversed.

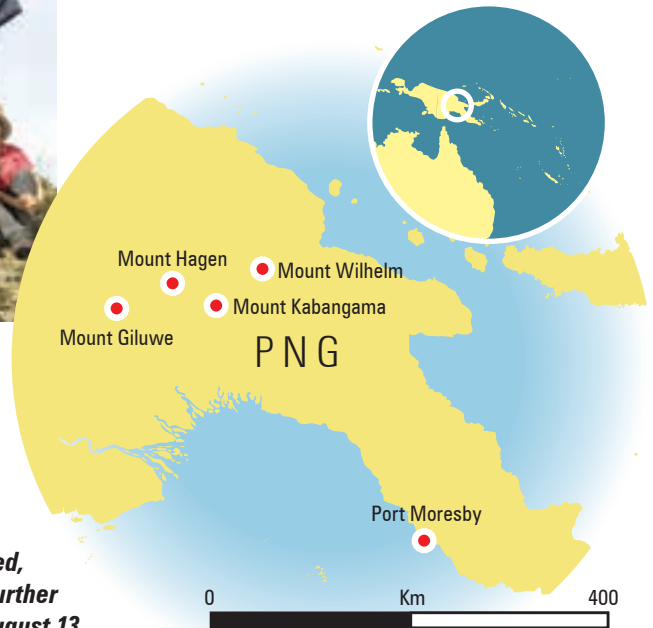
Little information exists at about it at all.

Why do it? Just because it's there, as early Everest explorer George Mallory once famously remarked.

For the challenge, the thrill of human endeavour, the views. Although not, perhaps, for the bamboo forests. ■



Summit success ... the hiking group celebrates at the top of Mount Giluwe.



The next Mount Giluwe traverse is scheduled to depart on July 9 as planned, despite recent earthquakes in the region. Other expeditions aim to climb further peaks, including a trailblazing Mount Kabangama traverse departing on August 13. See noroads.com.au.

Kalarim PNG lo moa den 50 yia!

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ON THE HORIZON: A GATEWAY TO GREATER GLOBAL COMPETITIVENESS, A BLUEPRINT FOR SUSTAINABLE GROWTH

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Partner Communities are engaged across several areas in the program such as providing port manpower and local expertise. With the ICTSI Foundation, ICTSI will provide community programs as part of Motukea's sustainable port development.

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.

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If you think you have seen it all, then come to Tokyo. Tokyo appears to have no rival for the bizarre, the eccentric or the simply surprising.

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ONLY IN TOKYO

Japan's largest city is one of the most surprising on the planet. *Bronwen Gora reports.*

Everywhere I turn in Tokyo there seems to be something I have never seen before.

A woman stands on a sidewalk with an owl on her arm, beckoning customers into a cafe filled with — you guessed it — owls. The stars of one of the city's most popular stage shows are giant dancing robots, not people. Every few minutes in Shibuya district, red lights stop traffic from 10 directions, allowing up to 2500 people to create the spectacle renowned as the world's busiest pedestrian crossing.

After a while, I notice that not only the streets but also tiny alleys

are devoid of rubbish despite a giddy 13 million-plus population. Smokers gather obediently in specially designated booths on footpaths rather than puff over passers by. Order and the unusual exist side by side.

If you think you have seen it all, then come to Tokyo. Tokyo appears to have no rival for the bizarre, the eccentric or the simply surprising.

Here I find busyness balanced with calm, yin perfectly weighted against yang. I can dive into the theatrical madness found in Tokyo's 200-plus maid cafes, where waitresses in frilly



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dresses treat customers like masters and mistresses, as easily as I can find peace at a shrine or temple. Tokyo is one of the most fascinating places I've visited.

When I first arrive, I find the scale of Tokyo overwhelming. This is the world's second-largest city, after Mexico City, with a greater metropolitan area of almost 34 million people sprawling over 13,600 square kilometres.

The subway maps (at first) resemble spaghetti and make me think I could be lost here forever. I'm daunted.

Visual perspective seems the best way to quell this mild anxiety over being in such an enormous metropolis. I make a beeline for Tokyo Skytree – the world's tallest freestanding tower. The 643-metre structure attracts more than 30 million visitors a year to its two observation decks, one at 350 metres, the other at 450 metres, for 360-degree views of Tokyo and beyond.

Even Mount Fuji is visible from here first thing in the morning, although when I arrive later in the day Japan's most recognisable peak is obscured by haze. All else, however, is now at my feet. I do the full circle, orientating myself with the city.

I spot Shinjuku's skyscrapers, the Meiji Shrine, and the waterways around Odaiba, the artificial island in Tokyo Bay once full of industry and now home to some of the city's most upmarket shopping and apartment blocks.

Buildings march into the

Tours start at 5am, allowing visitors to watch the tuna auctions. Later, people form long queues outside Tsukiji's restaurants, famous for their sushi breakfasts.

I take the experience a step further – by learning how to make sushi and sashimi before I eat.



Madcap ... Tokyo waitresses (opposite page); the world's busiest intersection at Shibuya (above).

distance everywhere I look. It is an incredible sight and good preparation for taking the city on at eye level.

Tokyo is home to the world's largest wholesale fish and seafood market and is one of the city's most visited places. I've never seen such an enormous array of produce from the sea, much of which I don't recognise at all.

I head for leading Tokyo restaurant Tsukiji Tamasushi, where a chef demonstrates the fine art of making a completely perfect ball of rice, before trying to do so myself.

The simple sushi shape is far harder to create than it looks. Rice goes everywhere and fish won't stay where it's put. The experience is hugely enjoyable and gives me

a whole new respect for even a humble tray of sushi.

Later I take a break at Hoot Hoot, one of dozens of owl cafes that have popped up across the city in recent years. The rising popularity of cat cafes, in which customers sip coffee while playing with cats, has driven the craze with not only owl – but goat and hedgehog cafes are now in the mix.

At Hoot Hoot, owls fly around me as I drink coffee. The waitress hands me a brochure with their names and photographs, and little descriptions of their personalities.

In Harajuku, Meow Meow Cat Cafe attracts customers from young Japanese to curious tourists and male office workers seeking a break and a relax with a cat.

Just around the corner from Meow Meow is the Tokyo landmark Harajuku Street, the pedestrian mall where the city's young flock on weekends dressed in their most outrageous and colourful gear. Tokyo's fashion crazes are displayed in all their glory.

Surprisingly close to the festive atmosphere of Harajuku Street is Meiji Shrine, the most sacred in Tokyo. Millions come here to pay respects and partake in family rituals, or even hold weddings. ■



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







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ONE DAY, SIX WATERFALLS

Adam Constanza sets out on a full-day waterfall hike in the untouched jungle interior of Micronesia's Pohnpei.

Land of waterfalls ... guide Welten Panuel cools his heels (above); walking on water (right).

Welten Panuel beeps the horn of his taxi as he pulls up outside Joy Hotel, our friendly base in Kolonia, the small town capital of Pohnpei in the Federated States of Micronesia.

As often happens during our time in Pohnpei, when we want to sort out an adventure the staff at our hotel inevitably know someone

who can take us – in this case Panuel, an experienced local hiking guide/taxi driver.

He established the infamous Six Waterfalls Hike in the province of Kitti over 30 years ago and has a wealth of knowledge on the region, so it's fair to say we're in safe hands.

He welcomes us with a beaming smile and a firm handshake, and being just three days

until Christmas, a Micronesian Christmas tune crackles from his speakers as we set off in the car towards the start of the hike in the village of Salapwuk.

"Everyone tells me it's hard," I say.

"I've walked it hundreds of times, it's not that hard," he says with a grin.

In typical Pohnpeian taxi driver fashion, he



“

I briefly powerslide on my backside to reach the inviting circular pool at the base of the falls. A welcome, cooling spray helps cut through the humidity as I wash the sweat from my face.

”

stops to pick up other passengers en-route to our destination – a couple clutching presents, food and drinks for a festive celebration. All happily settled into the car together, we turn off the main road and head inland on a narrower, bumpy track, pulling over at Salapwuk school, our taxi companions' destination as well as the starting point for the Six Waterfalls Hike.

After just one hour of walking under the forest canopy, on a sometimes slick, tree-root covered track, we hear the sounds of the first falls – Pahnairlap – and come around a bend to find ourselves level with its top. Bats glide and dive above our heads, swiftly darting from tree to tree as we slowly make our way down, clinging to branches, and I briefly powerslide on my backside to reach the inviting circular pool at the base of the falls. A welcome, cooling spray helps cut through the humidity as I wash the sweat from my face.

We spend most of the next three hours wading in, or walking alongside, the Lehnmesia River, slipping and sliding over mossy boulders, and zig-zagging back and forth across the ankle



to knee-high water as we make our way up through the Nanmeir Valley.

I stop often to look up and around at the fern and tree-covered valley walls rising high above, before returning my focus to the ground, looking for the next foothold, with hands outstretched

seeking anything to grab for stability. The occasional slip is inevitable and we have no reservations about going slow.

After the first waterfall, the next four appear regularly, one after the other every 10 to 15 minutes. While stopped at each of the falls, Panuel teaches us how to pronounce their names. Some are quite easy to say, Olotong and Iro, but others, like Nikotoapw, require several attempts to even come close. At roughly the half-way point we find a comfortable boulder at the river's edge, unpack our lunch and tuck in, contently watching the Olotong falls glide down a sheer rock face before joining the river. The only sounds to be heard are of unseen birds chirping in the distance, and of course, water, falling and flowing.

Before we know it, we're approaching waterfall number six – Lipwentiak. It's hidden out of sight, and Panuel explains we need to swim a 10-metre channel for the final section.

We leave our bags on a mossy ledge, take a reinvigorating dip into the cool water and swim the few lengths to round the ➤

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One day, six waterfalls

corner to the final waterfall. Instead of joining us for the swim, Panuel masterfully navigates a narrow, dangerously slippery looking ledge above the river as he confesses "the water is too cold for me".

We clamber over more boulders to get closer to the falls, then retreat slightly to keep admiring them, while also sheltering from the rain under an overhanging rock and a giant leaf, aka a bush umbrella. It's time to head back, and it turns out there's an alternative track through the forest up above the river. We steadily make our way to higher ground and enjoy the two hour, less slippery and thus faster return route, to the taxi.

On our drive back, we stop at Panuel's house and we are introduced to his wife and a friend, who surprise us with a meal of chicken, rice and cooked bananas, as they explain that, like so many places in the world, food is how they welcome guests in Pohnpei.

After eating and chatting, we're back on the road and picking up the obligatory extra taxi passenger as we head back to Kolonia.

However, there is one last stop to make, as we pull over to a lady with a chilly bin sitting at the roadside. She's selling *sakau*, a local drink made from the peppery kava vine, and Panuel is keen for my partner and I to try a drop. It's a fitting celebration of completing Pohnpei's Six Waterfalls Hike – a wet, wild and highly recommended six hours of exploring Pohnpei's largely uninhabited and untouched interior. ■



Air Niugini flies from Port Moresby to Pohnpei weekly. See airniugini.com.pg.



Slippery going ... one of many river crossings on the walk to six waterfalls.

NEED TO KNOW

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“

The things that count are dry board shorts for the morning, tropical-strength wax on your board and a stripe of zinc cream across your nose.

”

Saltwater delight

Robert Upe checks into a remote surf retreat in the Solomon Islands.

I'm on an island with no hot water, where a python is coiled in roof rafters over the bed in one of the huts, and where hermit crabs scurry from underfoot at the outdoor shower.

There's no internet. To hear news of the outside world, it takes an expensive satellite telephone call.

When the sun sets, the solar lighting is a bit dim.

But so good is this idiosyncratic destination in the Solomon Islands that most guests vow to return.

The Papatura Island Retreat – once featured on the cover of America's respected *Surfer* magazine – is in the north of the Solomon Islands where the island nation almost

nudges Papua New Guinea's Bougainville.

This isn't as big as travelling to Tahiti's Teahupoo or Fiji's Cloudbreak. But here, in the turquoise Pacific Ocean, surfers take off on empty reef breaks every day.

They fall into a simple lifestyle where time doesn't matter. "I encourage them to take off their watches," says the retreat's patriarch Peter Blanche. "All they need to know is that the gong goes at 1pm for lunch and 7pm for dinner."

Other things that count are dry board shorts for the morning, tropical-strength wax on your board and a stripe of zinc cream across your nose.

It's so warm, there's no need for hot water for bathing.

To get to Papatura is a pilgrimage. First, make your way to Honiara, the capital of the Solomons; second, squeeze into a Twin Otter for a 60-minute flight to the grass landing strip on Santa Isabel Island; and, third, take a speedboat to Papatura Faa Island.

The retreat sleeps 32 in traditional-style huts made of timber and bush materials such as sago palm, which is used for the thatched roofing. Several of the huts are under the shade of coconut trees on the beach, where the ebb and flow of the turquoise water rolls shells, and fallen coconuts, back and forth.

My hut has a loft with a double bed under a mosquito net, and a freestanding floor fan to blow air around during the hot nights.

There are three single beds downstairs, a verandah with deckchairs, and a bathroom with a hand basin and toilet. The python is in the rafters next door.

There are more huts tucked into the rainforest, but still close to the water. They are all connected by raised boardwalks to the open-sided bar and restaurant, where the dress code is bare feet.

Nightly, icy cold SolBrew lagers precede the catch of the day. At the communal dining tables, you're likely to have mud crabs, reef fish in coconut sauce, or crayfish split longwise and flame grilled. ►



Jungle getaway ... Papatura is among the trees on the shore of a quiet bay. Surfing options are around the corner, by boat.

PICTURES: SUPPLIED BY PAPATURA ISLAND RETREAT. ROBERT UPE



Saltwater delight



Touchdown ... (from left) the grass landing strip at Santa Isabel Island; outdoor shower with bamboo screen; one of Papatura's beachfront huts.

The surfing is controlled, with only 14 surfers allowed among the 32 guests at any one time. If you're not surfing you can take a jungle walk to a waterfall, swim, snorkel,

visit villages or fish for everything from dogtooth tuna to squid.

The surf breaks (there are about a dozen) are accessed by short boat rides of 10 to 25 minutes. They

include lefts, rights and A-frame peaks, mainly over shallow water that means Papatura is best for intermediate-plus surfers. There's one beginner break, CC's, a long

and small 'Waikiki-style' wave.

We surf at Anchovies, a right-hander that is small during our stay, but resort manager Bobby Pajuoja says he has seen it reach "15 feet".

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Saltwater delight



Specks in the ocean ... (from left) islands and reef in the turquoise Pacific; Papatura's owners Peter and Margie Blanche; a board ready to go.

There are just four in our group and we stay in the warm water for hours (no wetsuits required). Rolly, our local surf guide, provides some handy pointers on positioning.

At any time we can paddle back for a breather under the canopy of the boat, which is anchored alongside the reef.

Some of the other breaks include Tarzans, an A-frame peak; PT's, a right-hander; and Donuts, a long right-hander suited to long boards.

The retreat has two dogs – Zoli and Kumma – named after even more surf breaks.

The dogs like to smooch up, especially if there's a prospect ➤

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The perfect recipe ... a boat, a reef, and uncrowded waves.



of a snack. Zoli, the black one, arrived here years earlier in an empty beer carton on the Twin Otter. He was a skinny puppy rescued from the streets of Honiara.

Papatura Faa Island once had a coconut plantation that supplied Estee Lauder, the American beauty brand.

But by the time Australian couple Peter and Margie Blanche arrived from the Gold Coast, about a decade ago, to start their idyll surf retreat, the plantation had been abandoned.

Peter says Papatura met all the criteria for a retreat. Fresh water. Tick. Reliable waves. Tick. A sheltered bay. Tick. Willing villagers. Tick.

They negotiated a lease with local landowners. Initially, it was to be 75 years, the approximate life of a coconut tree here, but in the end, they settled for 50 years with an option.

"We're here for the long haul and loving it," Peter says. Tick. ■

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

NEED TO KNOW

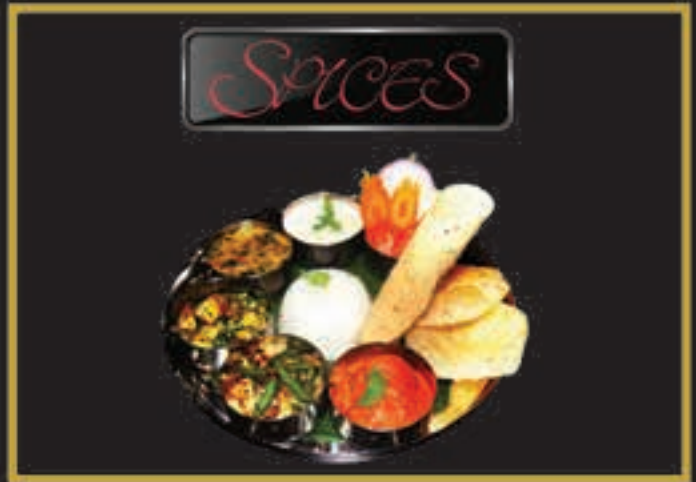
STAYING THERE Six-night accommodation and food packages start around PGK2600 a person, plus it's PGK165 for two surfs daily with boat and guide.

SURFING THERE About a dozen nearby reef breaks are accessed by boat. Most surfers BYO boards, but if not there's a quiver of boards to use, including Mals.

MORE INFORMATION papatura.com, visitsolomons.com.sb.



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PICTURES: MONICA MCINNIS

Bali by bike

Monica McInnes takes a cycling journey of spirituality, history and culture in Ubud.

“Hole on the left,” yells our guide as we carefully cycle through narrow rice fields. A split second later I scream as I almost come-a-buster. Laughing off my near miss, I continue, wary of the distracting view.

I’m nearing the end of a 25-kilometre cycling tour through central Bali’s countryside, around three hours north of its capital, Denpasar. It started in Ubud with a driving tour to the cycling start point in the Kintamani District.

Along the way we notice rubbish littering the beautiful landscape. Its source is one of culture and westernisation. “Traditionally, we use banana leaves for plates and we throw it away when we’re done. Then plastic was introduced and we just throw it away too,” says our guide, Gita.

Another major element of Balinese culture is rice. “We eat rice at every meal and most families need to grow their own,” says Gita. And it’s a lot. A one-metre-square rice plot feeds a family of four for just one week. It takes four months from planting

“
We weave through
village streets and
narrow lanes
between rice
paddies and fields.
We pass villagers
tending their crops
and women
masterfully walking
with wares atop
their heads.

”

to harvest, so one family needs at least a 120-metre-square rice field.

Thirty minutes into our drive, we stop at possibly Bali’s most photographed rice paddy. The luscious green Tegallalang rice terraces are a visual treat and masterstroke of farming genius. Steep mountains make rice cultivation impossible, but by creating flat terraces into the mountainside, and with enough water, rice can thrive.

From rice to coffee, we pause at the I Love BAS coffee, cacao and spice plantation. Here, three main coffee varieties, Arabica, Robusta and Kopi Luwak, are produced. The latter is the world’s most expensive and unique coffee. Civet cats, housed in cramped conditions, are fed ripened coffee berries. Unable to digest the beans, the cats defecate them whole before the beans are roasted for brewing. Those unperturbed by the production process swear by its delicate taste, but I’m dissuaded from trying the unconventional brew. I do, however, enjoy sipping from a paddle of coffees grown, roasted, blended and





Pedal power ... off the beaten track (opposite page); Balinese Hindu offerings (above left); a path through a paddy field (above); the Tegallalang rice terraces (left).

brewed on site. There's coffee infused with ginseng, vanilla and cacao, as well as teas with ginger, saffron and turmeric, pandanus and rosella.

Re-boarding, we next visit Lake Batur, Bali's largest lake, at the foot of the active volcano Mount Batur. Standing at 1717 metres above sea level, the mountain is lined with hard and blackened lava trails have hardened to the mountainside; a reminder of the volcano's last big eruption in 1963.

The scene is magnificent. Village homes dot the landscape; Mount Batur seemingly scrapes the sky, while clouds waltz on Lake Batur's calm waters below. The peaceful scene is interrupted by the cries of townspeople hawking their wares. Among the offerings are artworks created from the hardened lava and sand of the mountainside.

We reach the cycling start point, and after bike and helmet adjustments and checks our ride begins. The wind brushes through my hair, and thick mandarin orchards and luminous orange fields of marigold flowers (planted to ward off insects) rush by.

Before long we reach a modest family property. It's compound-like, replete with kitchen and bedroom buildings, animal pens and temple. The matriarch sits on the open landing of the ceremonial building, shelling broad beans for planting. Roosters crow in bamboo cages, at her feet readying for a sacrificial fight.

Before leaving, we create our own Balinese Hindu offering, known by the 95 per cent of Bali's practising Hindus as *canang sari*.

Gita guides us through pinning banana leaves and bamboo with a fine stick before decorating with cheerful flowers representing gods and deities. The daily ritual shows gratitude and praise to their supreme god, Sang Hyang Widhi Wasa.

Continuing downhill towards the village of Taro, famed for its holy white cows, we bump along dirt roads and tracks through the forest, and wind

past the village's industrial hub. Here, intricate concrete-cast temple adornments are stacked outside workshops for purchase. Hindu temples, some gilded, zoom by and local children dish-out high-fives before we have a quick break in the town centre.

Our final leg weaves through village streets and narrow lanes between rice paddies and fields. We pass bubbling irrigation channels transporting water to nearby rice fields, villagers tending their crops and women masterfully walking with wares atop their heads.

I'm disappointed when the ride ends, but we're taken to a restaurant set amidst the rice fields for an Indonesian banquet of chicken satay, beef rendang and mie goreng, complete with banana leaves lining the bowls. It's the perfect end to a perfect ride. ■



Air Niugini flies from Port Moresby to Bali weekly.
See airniugini.com.pg.

NEED TO KNOW

GETTING THERE Ubud is about 40 kilometres north of Denpasar airport and takes about 90 minutes by car.

STAYING THERE You'll love swimming in your own private plunge pool at the Pita Maha Resort and Spa after a day on the bike. See pitamaha-bali.com.

CYCLING THERE Greenbike tours has daily small-group cycling tours including hotel pick-up and drop-off. See greenbiketour.com.



a

GIN

thing



Singapore is committed to cocktails, but handmade gin and boutique tonic are making the city swoon. *Carolyn Beasley* reports.

Since 1915, with the invention of the Singapore Sling at Raffles Hotel, Singapore has been wedded to cocktails and has everything from hidden speakeasy bars to glitzy rooftop palaces.

But perhaps the bar scene is having a midlife crisis, because drinkers in Singapore are head over heels for gin. Worldwide boutique-scale production and the use of interesting botanicals mean you can now love a different style of gin every night.

The grand dame of all gin bars is ATLAS, high on wow factor. ATLAS invokes 1920s opulence, with dark leather, gilded balconies, rich red carpets, and deer murals on the ceiling.

With a staggering 1010 bottles, the bar boasts one of the biggest gin collections in the world, all housed in a three-storey gin tower.

Gin master Jason Williams explains that, as with food, people are becoming interested in the origin of their drinks and seeking more interesting tastes.

"It's because of all these beautiful natural herbs, spices, fruit, barks and roots that make up the botanicals in gin," he says. Try the Atlas Martini, with London dry gin, Italian bianco vermouth, orange bitters and a splash of champagne vinegar.

For a casual gin encounter, visit the Spiffy Dapper. Old-school nautical lanterns provide dim lighting, and you may be offered a hammer to bash your own dent into the brass bar-top, just for fun.

Manager, Pavel Zdarsky, recommends the Spifflicated Beet, with London dry gin, dry curacao, homemade beetroot syrup, lime, and black walnut bitters. Served with a basil leaf and lemon biscuit, this drink is an earthy and sour taste sensation. If you're looking for a budget-conscious gin, visit British



“

With a staggering 1010 bottles, the bar boasts one of the biggest gin collections in the world, all housed in a three-storey gin tower.

”

themed gastropub Oxwell & Co, located on trendy Ann Siang Hill beside Chinatown.

There are several levels in this historic shophouse, but do climb the three floors to the leafy rooftop for the cooling breeze.

While bespoke gin creations are available, their signature gin cocktail is the Gin and Chronic and it's available on tap, making it cheaper. Or if it's volume you're after, Bathtime is a mini-bathtub of Hendrick's gin and tonic, serving four.

For a colonial feel, head to the only gin garden in town, the Rabbit Hole.

Enter through a lush tunnel of tropical plants lined with fairy lights and sink into a romantic wrought-iron swing or wicker garden chairs. The bar is situated at leafy Dempsey Hill and attached to a 1930s church-turned-restaurant, the White Rabbit.

Try a G'vine Floraison, an aromatic French gin made from grapes in the Cognac region, and quirkily topped with a dehydrated orange basket

of dried camomile flowers, served with house-made tonic and home-grown herbs. ■

Drinks mentioned in this story range from \$SG16 to \$SG26 (about PGK65), plus seven per cent tax and usually a 10 per cent service charge.



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



Just the tonic ... ATLAS, the grand dame of all gin bars invokes a 1920s opulence (left); the Rabbit Hole (right).



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City guide:

MELBOURNE

By night ... Melbourne has a thriving food and bar scene, with some of the city's finest places tucked down laneways in the CBD.

A haven of sport, art and good coffee, Melburnian *Belinda Jackson* shares her tips on exploring the charms of the southern Australian city.

Please forgive us Melburnians when we constantly remind you that our city has been voted the world's most liveable, seven years running. With city beaches reached by tram, a buzzing art scene, the country's best food and coffee and year-round sports festivals, we can afford a little pride.

GETTING AROUND

Jump on board one of the city's landmark trams, which criss-cross the metropolis. Travel within the city centre is free. You'll spot blue bikes for hire around the city from \$3, perfect for following the inner-city bike tracks (melbournebikeshare.com.au). For longer distances, the city has trains and buses that traverse its sprawling suburbs (ptv.vic.gov.au). ►





PICTURE: JO DALVEAN



City guide: Melbourne



Art form ... Hosier Lane (left); Brunswick Street (above).

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SIGHTS

This is one of the world's great street-art cities – don't be shy about heading down a laneway in the name of art. Hosier Lane is the best-known street-art gallery in the city, while nearby Centre Place, Duckboard Place and Caledonian Lane are also top scorers.

For murals that span several storeys, the nearby suburb of Fitzroy features works by RONE, Adnate and Smug.

Being a street-art tour guide is now a viable job and street-art tours abound – hit up theblenderstudios.com for tours led by the artists themselves.

For a great overview of the city, head up to Skydeck 88 at the top of the Eureka Tower, Melbourne's tallest skyscraper (eurekaskydeck.com.au).

MELBOURNE SPECIAL

Sport lovers, you are among friends. The city's social calendar is bookended by two world sporting events: January for tennis at the Australian Open and November for the spring racing carnival, crowned by the 'horse race that stops the nation,' the Melbourne Cup.

This is also home of the Melbourne Cricket Ground (MCG). Even if you're not catching an Australian Football League (AFL) game, a cricket match, or taking a tour of the revered stadium, you can visit the National Sports Museum (mcg.org.au).

To be seen among the trim and terrific, don the lycra and take a walk or jog around 'the Tan', the 3.8-kilometre running track through the Royal Botanic Gardens. ➤



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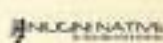
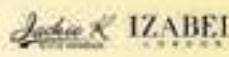
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City guide: Melbourne

CULTURE CULTURE

The National Gallery of Victoria (NGV) is renowned for its coups in the art world – this year's Winter Masterpiece, opening in June, is an exhibition of masterworks from New York's iconic Museum of Modern Art (ngv.vic.gov.au).

The gallery is split across two sites – on St Kilda Road and at Federation Square, which houses its permanent exhibition of landmark Australian artworks. Beside the NGV, the Arts Centre Melbourne is home to the Melbourne Symphony Orchestra and the new Australian Music Vault, a celebration of pub rock and singer Kylie Minogue's hotpants.

A key event on Melbourne's arts calendar is the annual White Night, where the city shines with light

installations from dusk until dawn (whitenight.com.au).

Fitzroy's Rose Street Artists' Market draws lovers of creativity every weekend (60 Rose Street, Fitzroy, rosetmarket.com.au).

DOING BUSINESS

As the skyscrapers attest, the city centre is Melbourne's business heart. Much of the business networking is done over coffee, a local obsession.

If you need a meeting place, suggest long-timer Brunetti's new Flinders Lane cafe and order coffee and cannoli like a local (250 Flinders Lane, brunetti.com.au).

For river views with your business meeting, slip into Arbory, wedged between the Yarra River and the city's main train terminus, Flinders Street Station (1 Flinders Walk, city, arbory.com.au). ➤



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City guide: Melbourne

For hot-desking options, try depo8 in hip Prahran (depo8.com), while One Roof Women is a co-working and event space for women-led businesses (oneroofwomen.com).

RETAIL THERAPY

Chadstone Shopping Centre, in the south-eastern suburbs, is the country's largest shopping mall, while Emporium in the CBD is its most glitzy.

In the suburbs of Fitzroy and Collingwood, Gertrude, Brunswick and Smith streets are hubs for fashion, jewellery and shoes – designed and often also made locally.

Queen Victoria Market and South Melbourne Market are colourful and a good place to

stock up for a picnic, perfectly roasted coffee, and possibly a kangaroo-skin wallet (qvm.com.au, southmelbournemarket.com.au).

PILLOW TALK

Cosy up with a bushranger – 1880s gold-rush outlaw Ned Kelly is depicted by Australian artist Adam Cullen at the Art Series Hotels' Prahran property, The Cullen (164 Commercial Road, Prahran, artserieshotels.com.au).

New on the scene, QT Melbourne blends lavish luxury with wild-eyed art installations, not to mention a stellar rooftop bar (133 Russell Street, qthotelsandresorts.com), while the signature shot of the 34-room Adelphi is its pool overhanging the streets below (187 Flinders Lane, adelphi.com.au).



The waterfront precincts are finally growing up. The newest accommodation at Southbank is the Novotel Melbourne South Wharf (7 Convention Centre Place, South Wharf, accorhotels.com), while further around, the Four

Points by Sheraton in Docklands is easy on the hip pocket – and the tram pulls up right out the front (443 Docklands Drive, Docklands, fourpointsmelbournedocklands.com).

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City guide: Melbourne



EATS

In a town that loves to eat, put a few key eat streets on your radar, including Little Bourke Street in Chinatown for plump dumplings and slurpable noodles.

Chapel Street, in Windsor, heaves with cafes catering to the latest health whim, designer turmeric/matcha/beetroot lattes or pulled-pork breakfast plates, while St Kilda's Acland Street is renowned for its cake scene – perfect after a walk along the beach promenade.

And don't be shy about veering off down the city's alleyways. In fact, the laneways are where some of the best food is found, from Peruvian to top modern Australian.

In Ripponlea, Attica is currently ranked 32nd in the World's Best Restaurants (74 Glen Eira Road, Ripponlea, attica.com.au), while sky-high Vue de Monde, in the CBD's Rialto Tower, is a winner for its unsurpassed views and ultra-fine dining (525 Collins Street, city, vuedemonde.com.au). Crown Melbourne has a string of riverfront fine-dining restaurants (Southbank, crownmelbourne.com.au).

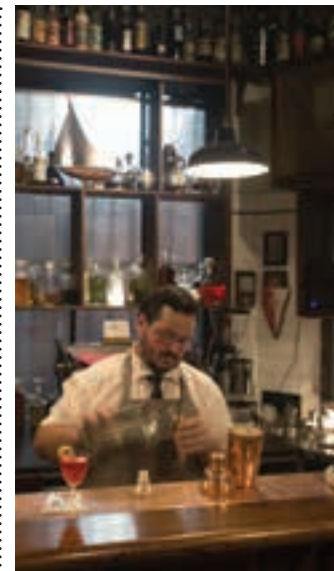
Each March, the city goes food-mad for the Melbourne Food & Wine festival, with more than 300 events (melbournefoodandwine.com.au).

WATERING HOLES

The rule of thumb when drinking in Melbourne is that the smaller the bar, the better the drinks. Take, for instance, the world-renowned Bar Americano in the CBD, with room for just 10 drinkers (20 Presgrave Place, baramericano.com).

A broad brushstroke of Victorian wines is found at Smithward (48 Smith Street, Collingwood, smithward.com.au).

Rooftop bars are plentiful – try Madame Brussels for croquet and quirk (59 Bourke Street, city, madamebrussels.com), socially conscious Feast of Merit (117 Swan Street, Richmond, feastofmerit.com) or elegant Siglo, which overlooks the floodlit Victorian parliament (11 Spring Street, city, siglobar.com.au). ➤



City attractions ... Chinatown (opposite page); Gertrude Street (above left); Bar Americano (above).

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City guide: Melbourne

LOCAL KNOWLEDGE

Airileke Ingram, below, is a Papua New Guinean-Australian drummer, percussionist and music producer. He has performed in bands including Yothu Yindi and Telek. In 2015, he co-directed the Pacific Games opening ceremony in Port Moresby. His family comes from Gabagaba village, in Central Province (onepagelink.com/Airileke/).



I love Melbourne because ... it's one of the best music cities and the best coffee city in the world. Summertime is for festivals, and the hip-hop culture is alive and well here in 'Burn City', with DJs like world champ DJ Dexter.

A great night out is ... Sunday nights at The Horn for Ethiopian jazz, then the Night Cat to check out a 15-piece live Latin band before kicking on at to the Evelyn for hip-hop or reggae: all three are walking distance from each other (thehorncafe.com.au, thenightcat.com.au, evelynhotel.com.au).

We all gather at ... the Lomond pub in East Brunswick. It's just across the road from my recording studio and they've got a soft spot for PNG. There's not a very big PNG community in Melbourne, so I recommend linking up with our *wantoks* from the West Papuan community. They also have the very popular Black Orchard String band.

The best sport is ... the 'Dreamtime at the G' game between Essendon and Richmond, an annual match dedicated to recognising indigenous people.

Don't forget to ... pay respects to the Wurundjeri people of the Kulin Nation, *papa graun lain* (land owners) of Melbourne. See the permanent Aboriginal art exhibition at the National Gallery or Museum (ngv.com.au), which happens to be looked after by Tolai artist Lisa Hilli. ■

 **Air Niugini flies from Port Moresby to Sydney three times weekly. From Sydney, catch local airlines to Melbourne. See airniugini.com.pg.**

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HIGHLIGHTS Rooms are surrounded by lush, calming gardens, which are home to several native bird species, including the bird of paradise. Guests can enter the giant enclosure for an up-close experience. The hotel also has an outdoor pool and bar, as well as a spa retreat.

NEARBY Port Moresby's convention centre, Parliament House, government offices and major shopping centre, Vision City, are all about five minutes away by car. The Nature Park and National Museum are also close, along with the Royal Port Moresby Golf Course.

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: ✓



PICTURE: NICOLA GAGE

LOCATION

Hidden at the end of a quiet lane, the hotel sits just off Pipit Street in the district of Waigani. As in most places in Port Moresby, you will mostly travel by car; however, everything you need is close by, including Jacksons International Airport, which is about 10 minutes away.

THE PLACE

Opening its doors late last year, the Sanctuary provides a tranquil escape from the busy streets of Port Moresby. As the sister property of the award-winning Rapopo Plantation Resort in East New Britain, the hotel has been transformed from an old hostel into a modern and welcoming resort. It features hand-made furniture, crafted by the business' very own carpenters. As well as having meeting rooms, a business centre and gym, the hotel grows its own herbs, which it uses in its restaurant.

ROOMS

A range of rooms includes basic, to deluxe and studio suites. Some include two separate sleeping quarters, while most have balconies or overlook rooftop gardens. The rooms are clean and contain everything necessary for a comfortable stay.

FOOD AND DRINK

The hotel's restaurant is open every day for lunch and dinner, specialising in all things seafood. There is also a big focus on local produce, especially fruit and vegetables. The second dining area – outside next to the pool – has a relaxed atmosphere with bar and wood-fired pizza oven – a great place to take a break from the day. Breakfast is included in room charges.

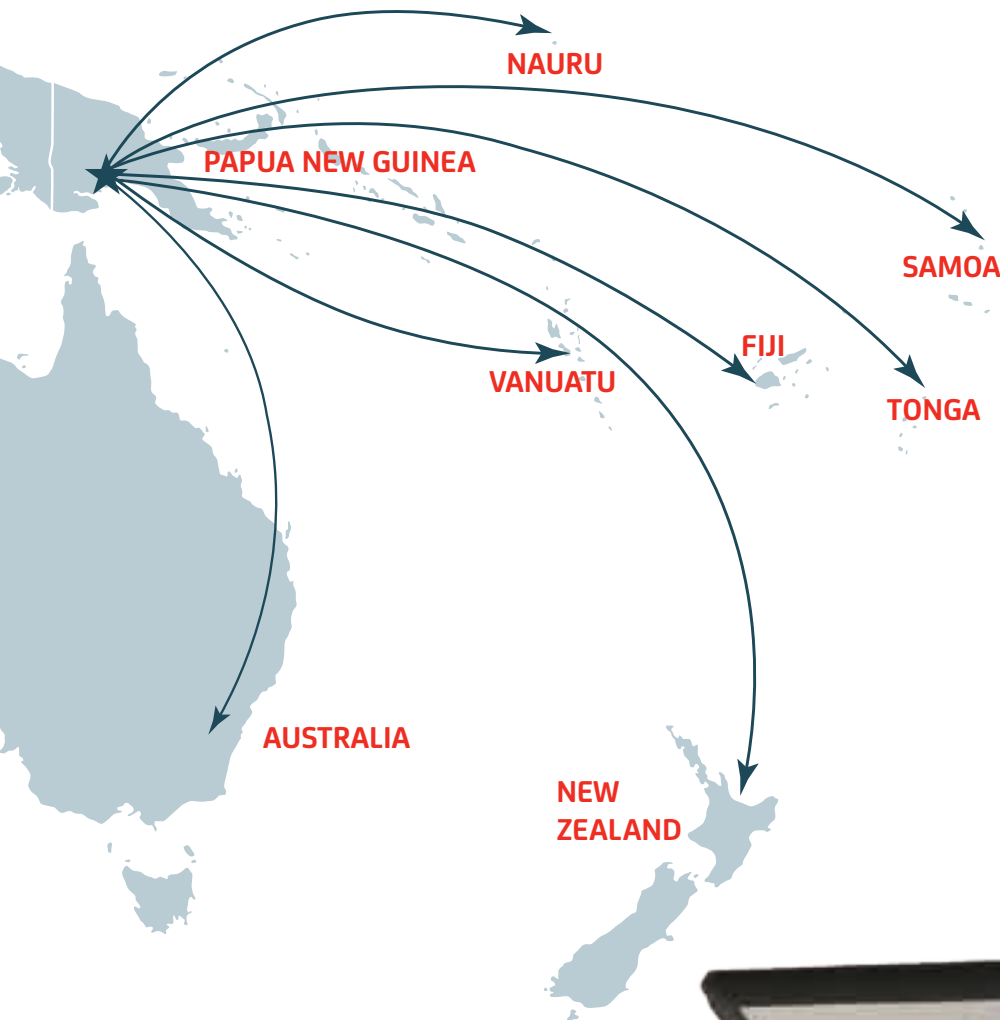
WHAT GUESTS LIKE

"I was provided a pickup on arrival at the airport and received a friendly, warm welcome from the management team at the hotel. Rooms were clean and had modern facilities." – Bookings.com

"What stands out for me the most is the peace and tranquility of the premises. The bird sanctuary, the set-up of the rooms providing privacy for both the children and parents, plus the warm greeting of the staff is very comforting." – TripAdvisor ■



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Three of a kind ... festivals



MOUNT HAGEN CULTURAL SHOW, PNG

Thumping *kundu* drums, guttural chanting, towering headdresses, vibrantly painted faces and intricate tribal adornments – the Mount Hagen cultural show is a highlight of the Papua New Guinean cultural calendar and for excellent reason, too. The two-day festival, which has been running since 1964, draws *sing-sing* groups from across the country showcasing their costumes, music, culture and dance. Visitors are able to watch hundreds of warriors in *sing-sing* 'battles', trying to outdo each other with their singing and dancing, in an effort to get the biggest applause from the audience.

GET IN THE KNOW

This festival was originally about promoting peace between warring tribes. During the celebrations, boys honour their ancestors by dressing as old men, shaving their heads to look like they're balding and sticking the clipped hair onto their faces to mimic facial hair.

DETAILS

The festival is held each August. This year's dates are August 17–19. See papuanewguinea.travel/eventscalendar.

GALUNGAN & KUNINGAN FESTIVAL, BALI

It's believed that all Balinese gods descend to earth to celebrate during the 10-day Galungan Festival, the island's most important annual event, which symbolises the victory of *dharma* over *adharma* (or good over evil). On the day of the Kuningan Festival, the climax on the 10th day of the Galungan Festival when the Balinese thank and farewell the gods until next year with prayers and special ceremonies, visitors can witness the Balinese people dressing up in their finest clothes and jewels.

GET IN THE KNOW

A *penjor*, a tall bamboo pole extravagantly decorated with woven coconut leaves, fruit, flowers and cakes, is placed at the right side of the entrance of most houses on the island during Galungan, to offer thanks to the gods.

DETAILS

The 210-day Pawukon calendar, which has origins in the Hindu religion and uses 10 different types of weeks that are between one and 10 days long, is used to determine festival dates in Bali. Galungan 2018 falls on May 30 and December 26, with Kuningan on June 9. See balitourismboard.org.

HOLI FESTIVAL, FIJI

Holi, the Hindu festival of colours, with ancient roots in India and Nepal, is celebrated by Indo-Fijians the day after the full moon in March each year. Streets around the island nation explode with colour as locals throw handfuls of coloured paint powders at each other, in a boisterous marking of the beginning of spring and harvest season, the triumph of good over evil, and the farewelling of the past year and welcoming of new beginnings. Dyed water is also thrown from buckets, shot from water guns and tossed from water balloons, as the world gets turned technicolour for one raucous day filled with dancing and parties. Just beware: visitors are prime targets, so wear old clothes that you don't mind getting stained, and be prepared to end up looking like a human rainbow.

GET IN THE KNOW

Since people of Indian origin make up approximately 40 per cent of Fiji's 900,000 population, numerous Hindu festivals are celebrated throughout the year, also including Diwali and Ram Navami, which celebrates the birth of the god Rama.

DETAILS

Holi is actually a two-day festival, but the carnival of colour takes place on the second day, the day after the March full moon. See fiji.travel. ■





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TIME TRAVELLER

Port Moresby, 1977

Thirty years ago, Papua New Guinea's national rugby league team, the Kumuls, recorded a historic 37–6 win over France in a Test match at Lloyd Robson Oval in Port Moresby. It was the first time that a PNG national team had been victorious over a European national team in a Test match in any sport. PNG was captained by John Wagambie (pictured with the ball). He also led the side in the Pacific Cup tournament in New Zealand the same year, where the Kumuls lost 17–25. Wagambie captained the Kumuls from 1977 to 1984 and was coach in 1992. From East Sepik, he played for Paga Panthers in the regular Port Moresby competition. After his rugby league career, he became secretary of the Department of Commerce and then went into business for himself.



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



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Old school, eccentric and controversial



PICTURES: JIMMY NELSON

Richard Andrews meets an English photographer who has come to prominence for his glamorous portraits of indigenous communities around the world.

Premature baldness and a 1950s comic book first launched Jimmy Nelson on an odyssey through Tibet, Siberia and other remote regions, culminating in a trip to Papua New Guinea's Southern Highlands.

The 51-year-old British photographer travels to indigenous communities around the world recording their traditional dress, jewellery, weapons and symbols, in widely exhibited images.

Nelson consciously 'stage-manages' his subjects into stylised poses that critics say misrepresent the reality of indigenous life to affluent western audiences.

He argues that disappearing cultures deserve to be "put on a pedestal" and has risked everything from civil wars to rampaging reindeer to do so.

The beginnings of the odyssey were decidedly unheroic. While travelling with his geologist father, Nelson caught malaria, took the wrong medicine and all his hair fell out – a traumatic experience for a sensitive teenager.

"I remembered reading *Tintin in Tibet* as a child and thought about all the bald monks," he says.

"I was ostracised from my own culture and Tibet seemed like the one place on earth where a bald guy like me could fit in."

Nelson embarked on a "self-finding mission" where he walked from one end of the country to the other, taking photographs along the way.

The published images led to a career as a photojournalist, including stints in war zones such as Afghanistan, Kashmir and the former Yugoslavia.

Less hazardous assignments followed as Nelson became a successful commercial photographer "selling alcohol, cigarettes, airlines and banks for 18 years".

“

The eccentric Englishman lugs around a heavy 1930s-style studio camera, complete with bulky film plates. As a result, firing off hundreds of exposures is not an option.

”



Snapped ... Jimmy Nelson's photo of Huli Wigmen in the Tari Valley (left); Nelson in the field (above).

More recently, he's focused on his first love: photographing remote indigenous cultures from PNG to Mongolia. For his latest project, Nelson spent three years shooting 35 of the world's lesser-known communities for a lavish book of portraits, entitled *Before They Pass Away*.

"I was inspired by US photographer, Edward Sherriff Curtis, who spent 30 years early last century creating orchestrated portraits to record and preserve the culture of Native Americans," says Nelson.

He believes the need to capture images of traditional cultures is now more urgent than ever, because the internet has increased the speed and reach of modernisation.

"Cultures have always been evolving. But over the last decades, digitisation has boosted this process."

While Nelson himself uses digital technology for much of his work, he's old school when it comes to portraits of traditional peoples.

Whether it's jungle, mountain or desert, the eccentric Englishman lugs around a heavy 1930s-style studio camera, complete with a limited number of bulky film plates. As a result, firing off hundreds of exposures at random is not an option.

"Analogue photography forces you to really think about what and how you want to shoot," he says. "It slows life down and that can feel very good these days."

However, it didn't feel so good in Mongolia when photographing Kazakh eagle hunters in a shoot that took days to set up.

"When I took my gloves off to take a picture, my hand froze to the metal camera and ripped off the skin of my hand," says Nelson.

"I was frozen, bleeding and angry with myself for bothering to use such a cumbersome object. Here was this stupid, bald English guy literally crying."

As it turned out, the incident helped Nelson bond with the nomadic group and encouraged their cooperation.

"A nearby woman opened her jacket, grabbed my hands, put them on her armpits and held them there," says Nelson. "It was a very moving moment. She overrode some strong cultural prejudices about contact with strangers, contact between the sexes and tried to help me."

"Time and again on this project, I found that the more things went wrong, the more empathy I received."

Nelson finds that empathy and understanding are vital to set up portraits, and he goes to great lengths to win the confidence of his subjects. ➤



Old school, eccentric and controversial



Nelson's images ... camel handlers in the Ndoto Mountains, Kenya (left); a Kazakh eagle hunter in Mongolia (opposite page).

During a shaky ceasefire in South Sudan's civil war, he reached the Mundari community and participated in their rituals for more than two weeks before asking them to pose for his camera.

"You ingratiate yourself, you live, you see. Every morning you join them naked in the river, you wash, you cover yourself in dust to protect yourself from the sun. Eventually there's a sort

of empathy. The last two days are spent taking the pictures."

Perhaps a more dangerous way of winning acceptance was getting drunk on the local vodka with Tsaatan reindeer herders in northern Mongolia.

Along with 20 adult family members, Nelson passed out on the crowded, fur-covered floor and, to put it politely, lost control of his bladder.

Soon afterwards, a herd of excited reindeer joined the party and trampled the yurt, to the huge amusement of all.

"Little did I know that reindeer are attracted by human urine," says Nelson. "The next day, delighted by my accidental fallibility, the group welcomed me with open arms and all requests to pose in front of my old cumbersome camera were granted."

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Old school, eccentric and controversial

There was no need, however, to dodge stray bullets or hangovers for what Nelson considers his best photograph, taken at Ambua Falls, in PNG's Tari Valley.

"The image captures everything I'm trying to achieve with this project," he says. "It shows Huli Wigmen looking statuesque, iconic, beautiful and proud, in the midst of their extraordinary environment."

"I wanted to put the Huli on a pedestal and that's why I photographed them in this staged way. I felt they deserved the sort of attention we give to important people in our culture, like politicians or celebrities."

Nelson says it took him two weeks to set up the picture, wait for the right light, position the group and prepare them to stand still enough for the four-second exposure required.

"I spent hours sitting on my knees in front of them, saying 'ooh and aah', clapping my hands, raising my voice, even hugging them. Slowly, they began to appreciate this wildly eccentric character."

Not everyone appreciates Nelson the same way.

Indigenous protection groups, anthropologists and other leading photographers have criticised him for creating unrealistic and idealised images that smack of the 'noble savage' fantasy. ➤





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Old school, eccentric and controversial



Rugged up ... Nelson photographed this group in Siberia.

As a self-described romantic, Nelson responds that he's an artist, not a documentarian. In fact, his work suggests the influence of romantic painters such as Delacroix and Gericault.

"By romanticising, you get your point across more efficiently," he says.


"The tribes have been photographed a thousand times before and so-called 'authentic' pictures, showing mundane, everyday tasks don't attract attention.

"I wanted to create icons – beautiful and positive images of strong and proud people.

I hope the book shows my esteem and admiration for them." ■

Before They Pass Away (teNeues), by Jimmy Nelson. See books-teneues.com.






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WHEN WAR CAME TO MILNE BAY

In August and September 1942, Milne Bay was the scene of Japan's first defeat on land in World War 2. The Japanese aim was to capture Port Moresby by a two-pronged attack: one along the Kokoda Trail and the other via Milne Bay, where their objective was Gurney Airport.

Then called No. 1 strip, Gurney Airport was built in 1942 by US Army engineers.

A Japanese invasion force came by sea from Rabaul and landed in Milne Bay. After two weeks of fighting, known as the Battle of Milne Bay, the Japanese were defeated by Australian soldiers and airmen.

The remnant of the Japanese force was evacuated to Rabaul by sea.

The half dozen encounters that make up the Battle of Milne Bay, took place along what is now a 12-kilometre drive from Wanaduella Bay to Gurney Airport.

At the time there was nothing along this route but a muddy track and villages dotted here and there on a narrow coastal flat, hemmed in by the bay to the south and the Stirling Range and thick forest to the north. In the late 1960s a new town, Alotau, was built here and the provincial capital moved to it from Samarai.

Through the streets of Alotau, the scenes of this fighting can still be traced.

War historian *Peter Williams* takes us on the journey.





Stopped in their tracks ... Australian infantrymen examine two bogged and abandoned Japanese light tanks south of Rabe. The tank on the right is now at the Australian War Memorial in Canberra.

Not long before midnight on August 25, 1942, Eli Dickson was woken by a noise he could not have heard before. It was the grinding sound of two Japanese

tanks coming down a landing barge ramp onto the beach at Wanaduela Bay, three kilometres east of Alotau (No. 1 on map). Moments later, Japanese soldiers were in Dickson's village,

rounding up the men and asking for directions to Gurney Airfield. Some villagers fled into the bush, but others, including Dickson and Tom Maioro, were pressed into service as guides and carriers.

The Japanese brought 1300 troops by sea from Rabaul for the simple task of capturing the airstrip and defeating the 500 Australians they believed were present. This was a serious ►



Battle of Milne Bay

miscalculation by the Japanese, because there were in fact over 4000 Australian fighting troops present, with another 4000 Australians and Americans tasked with building airstrips, a port, warehouses and all the essentials of the large military base they were constructing at Milne Bay.

With Maioro as an unwilling guide, the Japanese moved quickly westward along the coastal track in a thunderstorm, entering what are now the southern suburbs of Alotau.

Fording the Golianai River they came to Cameron's Springs (No.

2 on map), where the first clash of the campaign took place. The site can still be seen, 100 metres south of Sanderson Bay, where Cameron's Springs gushes from the steep-sided hill near the road. This was the foremost Australian position, lieutenant Bert Robinson and 14 men holding the narrow gap between the bay and the hillside.

At 1am on August 26, the four Japanese scouts leading the column encountered Robinson's sentry, private Wallace Whitton, a clerk from Yeerongpilly in Queensland. Unsure in the rain and the dark, Whitton called out to



War bird ... a Royal Australian Air Force P-40 Kittyhawk at Milne Bay's Gurney Airfield in 1942.



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“
The Japanese tanks came north
along the road, shooting into the scrub
on either side.

challenge the unknown men, who shot him dead. Robinson's party then killed the four Japanese.

Unharmd, Maioro took to the bush and ran back to his village. Within minutes the Japanese tanks came north along the road, shooting into the scrub on either side, prompting Robinson to fall back to KB (Kobule) Mission.

At dawn a dozen Australian fighter aircraft, P-40 Kittyhawks, took off from Gurney and within minutes were over Wanaduela Bay, where the Japanese had landed. They were led by 25-year-old squadron leader Peter Turnbull, once an electrician from Armidale

in NSW, now an Australian fighter ace with 12 kills. They strafed the landing barges, then the supplies and ammunition stacked on the beach, destroying much of it. The Japanese plan was thrown into disarray by this loss of essential equipment.

The following day, the Japanese advanced towards KB Mission where the 560-man 2/10th Australian Infantry Battalion was dug in waiting for them. Turnbull was again in the air and spotted the two Japanese tanks moving along the road curving around Sanderson Bay, near where the Battle of Milne Bay memorial, a



Battle of Milne Bay



black three-metre high granite column, now stands (No. 3 on map). Turnbull swooped down to attack. Hit by fire from the ground, he was killed when his plane failed to pull out of the dive and crashed in a gully 200 metres east of where Alotau general hospital now stands (No. 4 on map).

The night after Turnbull's death, August 27, the Japanese attack on KB Mission commenced. The Japanese tanks, moving along the track in a rainstorm, burst into the Australian position, illuminating the defenders with searchlights and opening fire. Having no way to stop the tanks – their anti-tank guns could not get past the boggy road to their rear, and their anti-tank grenades malfunctioned in the wet and the heat – the Australians were driven back.

One hundred men, Australians and Japanese, died alongside the road here. The Koebule Primary School grounds mark the centre of the scene of fighting.

The Australians retired to the last good defensive position before Gurney Airfield. This was No. 3 strip, a half completed airstrip four kilometres east of Gurney. The ground cleared of trees offered a good defensive position as the Japanese had to charge across the clearing to get at the Australians on the far side.

Throughout the battle heavy rain made all movement difficult and turned the track along the coast to slush. The worst area was between Rabe and No. 3 strip. This was fortunate for the Australians, because it rendered the track impassable to vehicles. The two Japanese tanks became bogged in the mud near Rabi village, and were abandoned (No. 5 on map).

On August 29, 700 Japanese reinforcements arrived by sea, bolstering Japanese numbers to 2000 men. The next day was quiet, as the Japanese reinforcements marched along the coast to ➤



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Battle of Milne Bay



In the theatre of war ... (from left) corporal John French; squadron leader Peter Turnbull; nurse Maiogaru Taulebona.

join their comrades facing the Australians across the strip.

At 3am on August 31, five days after the Japanese landed, they attacked No. 1 strip. Charging across the half-completed runway, they were cut down by the defending Australians, helped by a small group of American engineers. In an open grassy park beside the road, a remnant of the land cleared to build the airstrip, a plaque announces: 'This marks the westernmost point of the Japanese advance. 83 unknown Japanese Marines lie buried here'.

It was now the Australians' turn to go on the offensive, driving the Japanese back towards their landing place.

The final chapter of the battle for Milne Bay took place a kilometre south of Cameron's Springs at the ford of the Gailanai River.

A hundred metres south of the

post-war bridge the road forks to either side of a small park containing two memorial signs. This was the scene of the last serious fighting of the Battle of Milne Bay, on September 4, 1942.

“The two-week Japanese occupation of Milne Bay cost them 700 lives, and as many again wounded. The Australians lost 167 dead and the Americans 14.”

Not far from the park, corporal John French was killed while capturing three Japanese machine gun positions and earning the only Victoria Cross awarded in the battle (No. 6 on map).

The Japanese had already decided to withdraw and on the night of September 5 their ships once again entered the bay, evacuating the remnant of their force to Rabaul.

The two-week Japanese occupation of Milne Bay cost them 700 lives, and as many again wounded.

The Australians lost 167 dead and the Americans 14.

The combined total of Allied wounded was almost 400.

There is one more story of the battle, concerning one of the wounded. Most nights Japanese warships entered the bay to bombard Gurney, sometimes encountering small craft the Australians were using to move men and supplies along the shore.

On the night of August 28, the searchlights of Japanese destroyer *Urakaze* illuminated one of these boats, opened fire and sank it. A wounded survivor, leading aircraftsman Jim Donegan, drifted ashore near Divinai village, in the Japanese-controlled area of the north shore.

He was found by local people and taken to their village. There he was placed in the care of a mission-trained nurse, Maiogaru Taulebona. She tended his ➤





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Battle of Milne Bay

wounds and fed him. When a Japanese patrol came through the village she hid him under a canoe.

When Donegan was strong enough, Taulebona placed him in a canoe, concealed him under a pile of vegetables, and paddled him through the night westward to the Australians. After the battle she was awarded the Loyalty Medal and told she could take as a reward several items from an Australian supply dump. Nurse Taulebona chose a bicycle, a rain cape, a pair of sunglasses, seven yards of bright red material to make skirts, and a carton of aspirin. ■



High and dry ... days after the battle, a Japanese landing barge sits aground in Wanaduella Bay. The remains of the barge can still be seen today at low tide.

Dr Peter Williams is a historian living in Canberra, Australia. He has visited the battlefields of Papua New Guinea, interviewed Australian, Papuan and Japanese veterans and researched in all three countries. His books include The Kokoda Campaign 1942: Myth and Reality, and Kokoda for Dummies.

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The chefs that are conquering Asia

In this edited extract from Michelle Tchea's book *Chefs Collective*, we take a look at four chefs who are making their mark in the culinary arena.



If you thought Asian food consisted of just stir-fries, braised meat and deep-fried chicken in sticky-nitro-green sauce ... think again. Around the world, Asian chefs are making their mark with innovative menus

and forward-looking dishes. *Chefs Collective* is a book that sees more than 50 of these rising and renowned chefs with Asian roots share philosophies and recipes.

Master chefs ... (clockwise from top left) Jowett Yu, Sun Kim, Margarita Fores, Bernhart Denny Sumarko.



Chef: Jowett Yu
Restaurant: Ho Lee Fook*
Location: Hong Kong
Type of cuisine: Modern Chinese

Why did you become a chef?

I always wanted Nike shoes but mum always bought me Reeboks. When I turned 15 she said: "Look, if you want Nikes you're going to have to work for them." So I started washing dishes and eventually flipping burgers. It was a lot of fun and I loved working with my hands and the atmosphere of a buzzy kitchen.

What is your philosophy in the kitchen?

Whatever dish you make, it has to be delicious first and foremost. Techniques and fancy presentation are secondary.

What is your earliest memory with food?

Standing over the wood-fired wok burner in the countryside of Taiwan at my grandmother's kitchen.

She was a very intuitive cook and everything we ate was from the farm. I remember her showing me an egg, and she told me when it was going to hatch by holding it to sunlight.

Sometimes she'd take her shoes off and jump in a tub full of veggies for pickling. She was full of knowledge.

What is the name of your recipe? Mum's 'mostly cabbage, a little bit of pork' dumplings. ➤



MUM'S 'MOSTLY CABBAGE, A LITTLE BIT OF PORK' DUMPLINGS *Makes about 100 dumplings*

DUMPLINGS

1 cabbage, core removed
 1 tsp salt
 600 g pork neck, diced
 20 g coriander leaves, roughly chopped
 30 g spring onions
 20 g grated ginger
 5 tsp oyster sauce
 1 Tbsp sesame oil
 ½ tsp ground white pepper
 75 ml (2/5 cup) chicken stock
 100 white round dumpling skins

DRESSING

Light soy sauce
 Zhenjiang vinegar
 Chilli flakes
 Chilli oil
 Sesame oil
 Chopped coriander leaves
 Chopped spring onions

GARNISH

Coriander leaves
 Sliced spring onions
 Sliced red chillies

METHOD

Chop cabbage roughly. Rub salt into cabbage with your hands. Squeeze out excess water, drain and set aside. Divide diced pork into 2 portions. Using a mixer with a paddle attached, beat 1 portion of diced pork until sticky. This is to give the dumpling a gelatinous texture. Mix beaten pork and cabbage with remaining portion of pork, coriander, spring onions, grated ginger, oyster sauce, sesame oil, pepper and chicken stock to make the dumpling filling.

Prepare dumplings. On a lightly floured tray, place 1 Tbsp pork filling on the centre of a dumpling skin. Dab a little water at the edges and fold skin over to enclose. Using your fingers, create folds and press on edges to seal dumpling. Repeat for remaining dumplings. To cook dumplings, bring a large pot of water to a boil. Depending on how many dumplings you are cooking at a time, the amount of water and cooking time will vary.

Cook dumplings in small batches for about 4 minutes until dumplings float to the surface. Prepare dressing. As the dressing is a matter of personal taste, the ingredients can be in any proportion according to your preference. Serve dumplings with dressing. Garnish with coriander, spring onions and sliced red chillies.

*Ho Lee Fook is a stylish and funky restaurant in Hong Kong. The name translates to 'good fortune for your mouth'. See holeefookhk.tumblr.com.



The chefs conquering Asia



Chef: Sun Kim
Restaurant: Meta*
Location: Singapore
Type of cuisine: Contemporary Asian

Why did you become a chef?

Since I was young, I was always curious with food when I was helping out in my mother's restaurant. It also made me very happy whenever I saw my family enjoy my cooking. That was when I realised being a chef was the right path for me.

What is your favourite food city in the world?

Singapore. There is no other city in the world where you can get

a plate of delicious local cuisine at the most affordable pricing.

What cooking tip would you give a beginner cook?

Understand the ingredient you are using, and be sensitive to the temperature of the food you are cooking.

What is the name of your recipe?

Guksu.

Why this recipe?

It's my favourite childhood noodle dish, and it is easy for home cooks.



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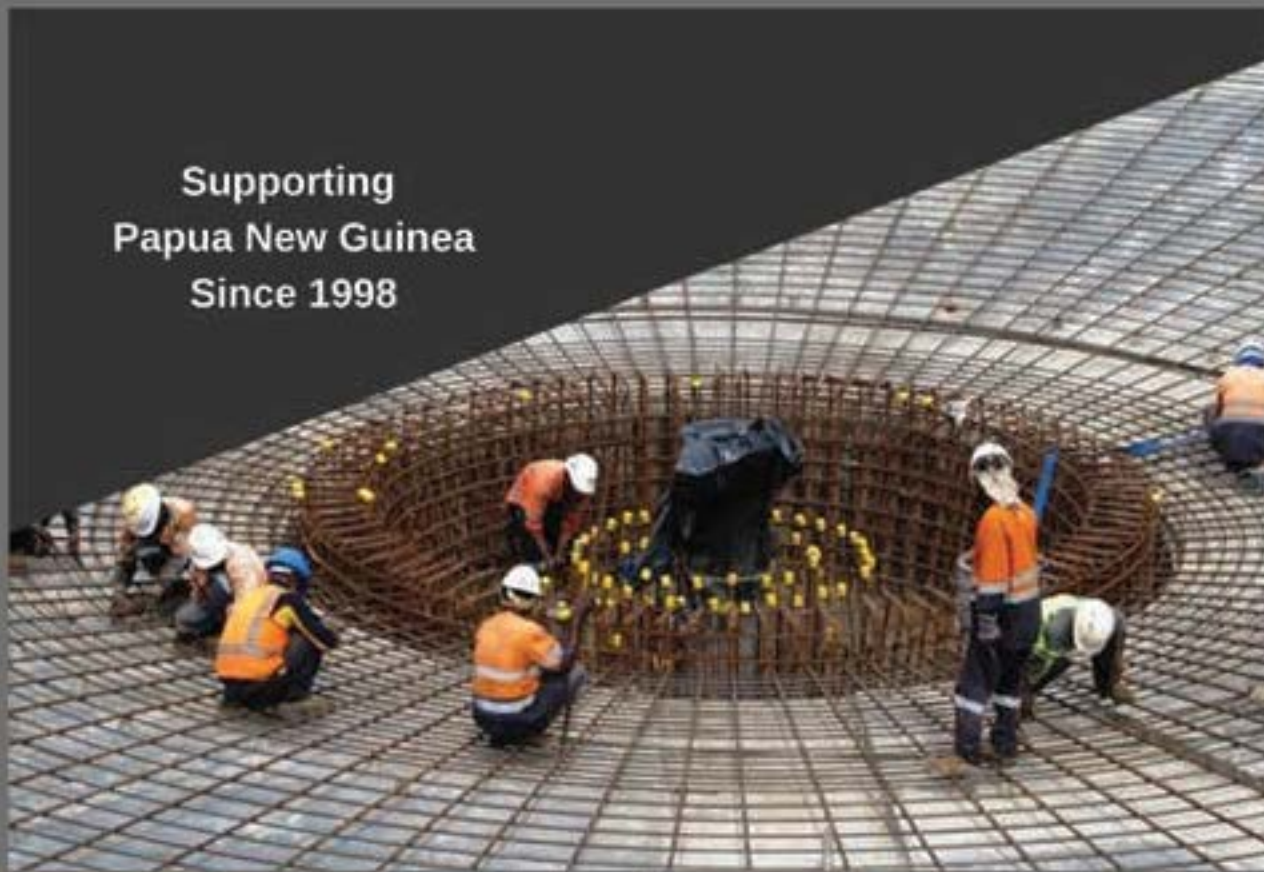
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The chefs conquering Asia

CUKSU

DASHI

500 ml (2 cups) water
50 g anchovies
1 kombu

GUKSU

8 sheets Korean dried seaweed, soaked in water for 45 minutes and strained
2 tsp olive oil
4 cloves garlic, peeled and sliced
100 g Korean dried seasoned seaweed
1 tsp yuzu kosho
70 g capellini pasta
Salt to taste
Ground black pepper to taste
30 g spanner crab meat

GARNISH

20 g chives, finely chopped
30 g yellow zucchini, peeled and thinly sliced

METHOD

Prepare dashi. Bring water in a pot to a boil. Add anchovies and kombu and simmer for 25 minutes. Strain and set aside. Prepare guksu. Cut Korean seaweed into bite-sized pieces. Heat oil in a pot over medium heat and saute garlic until golden brown. Add dried seaweed and seasoned seaweed, and continue to saute. Add dashi and yuzu kosho and simmer over medium heat for 15 minutes. In another pot, cook pasta

in lightly salted water for 3 minutes. Strain pasta and add to simmering dashi. Cook for another 2 minutes or until pasta is al dente. Heat oil in a non-stick frying pan over high heat. Saute crab meat until fragrant. Drain and divide pasta into 4–5 servings. Twirl each serving into a tight ball and arrange on serving plates. Season with salt and pepper. Garnish with chives, sauteed crab and zucchini.



*Meta restaurant serves classic French-inspired cuisine with an Asian twist. It was recently awarded one Michelin Star. See metarestaurant.sg.



Chef: Bernhart Denny Sumarko
Restaurant: BLANCO par Mandi*
Location: Bali
Type of cuisine: Progressive Indonesian

Most underrated Asian ingredient?

I think coriander deserves more attention, as it can add another layer to anything it touches.

Biggest misconception about Asian food?

Um ... it's always spicy and has to be eaten with chopsticks.

What cooking tip would you give a beginner cook?

Invest in a good knife, good salt and a good attitude, and everything will be revealed to you at a certain pace. No rush.

What is the name of your recipe?

Sate kambing (lamb satay).

Why this recipe?

Sate, usually refers to anything you put on the skewer – be it chicken, beef, or lamb – and we smother it with a combination of peanut and sweet soy, and a bit of chilli. It's everywhere in Indonesia.



The chefs conquering Asia

SATE KAMBING (LAMB SATAY) Serves 2–4**LAMB SATAY**

1 rack of lamb
Sea salt, to taste
Freshly cracked black pepper to taste
1 tsp sunflower oil
1 clove garlic, peeled
1 stalk lemongrass, smashed
2 g kaffir lime leaves

SATAY GLAZE

30 g Japanese miso
1 tsp sweet soy sauce

PEANUT SAUCE

50 g peanuts
150 g cashews
2 cloves garlic, peeled
2 shallots, peeled
5 g kaferia galangal
2 g kaffir lime leaves
20 g red chillies, seeded
5 g bird's eye chillies
5 g candlenuts
Salt to taste
Sugar to taste
5 g brown sugar

GARNISH

Peanuts, toughly chopped
Fried shallots

METHOD

Clean and slice lamb rack into individual lamb pieces. Trim excess fat. Season with salt and pepper. Prepare satay glaze. Combine ingredients in a bowl and mix well. Set aside. Preheat oven to 180°C. Heat oil in a pan. Sear lamb both sides until caramelised. Arrange garlic, lemongrass and kaffir lime leaves on a baking tray. Place lamb on top.

Roast lamb for 4–5 minutes or until lamb is medium-rare. Brush with satay glaze. Sprinkle a little crushed black pepper on lamb and torch until nicely caramelised. Prepare peanut sauce. Toast peanuts and cashews in a dry pan. Set aside. Heat garlic, shallots, kaferia galangal, kaffir lime leaves, red chillies and bird's eye chillies in a saucepan over medium heat.

Add toasted peanuts and cashews and mix well. Remove from heat. Transfer to a food processor. Add some water to aid the movement of the blades and process until a smooth paste is obtained. Season with salt, sugar and brown sugar. Place peanut sauce on a serving plate and top with peanuts and shallots. Place lamb on peanut sauce.

*Blanco Par Mandif combines traditional Indonesian ingredients in an innovative manner. See blancoparmandif.com.



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The chefs conquering Asia

Chef: Margarita Fores

Restaurant: Cibo*

Location: Manila

Type of cuisine: Italian What cooking tip would you give a beginner cook?

Many young chefs in the industry today have come by way of professional culinary schools. Schools may churn out pretty much the same graduates with the same skill sets, but what really sets a chef apart is their personal experience. The chef who aspires to succeed should be like a sponge.

They should learn as much as they can from their home town and culture, and have a desire to travel. The learning and inspiration they gain from their travels and experiences, and from meeting other people in the industry, will help set a chef apart.

What is the name of your recipe?

Crab milhojas of water spinach gnocco and calamondin gel.

Why this recipe?

It best represents my background from starting with Italian and eventually appreciating my national cuisine.



Chefs Collective is available at leading bookstores, as well as online at Amazon and Book Depository.

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The chefs conquering Asia

CRAB MILHOJAS OF WATER SPINACH GNOCCHO AND CALAMONDIN GEL Serves 2–4**CRAB MEAT**

4 crabs, 50 g fat extracted, then cooked and meat picked

CALAMONDIN GEL

80 ml calamondin juice
1 tsp xanthan gum
20 ml water
5 g sugar

CRAB FAT MOUSSE

150 ml cooking cream
50 g crab fat
2 g rock salt
1 g xanthan gum.

MUSCOVADO TUBA GLAZE

50 g muscovado sugar
80 ml sukang tuba (coconut nectar vinegar)

SPINACH GNOCCHO

75 g spinach, blanched
120 ml (½ cup) water
500g all-purpose flour
10 g lard
8 g salt
20 g sugar
½ egg
2 Tbsp olive oil
Oil for deep-frying

METHOD

Prepare calamondin gel 4 hours ahead. Combine all ingredients in a food processor and process until thick and smooth. Transfer to a container. Set aside for 4 hours for the air to be released.

Prepare crab fat mousse. Place all ingredients in a food processor and process until thick and smooth. Set aside.

Prepare muscovado tuba glaze. Combine muscovado sugar and sukang tuba in a saucepan over medium

heat until sugar dissolves. Set aside to cool.

Prepare spinach gnocco. Combine blanched spinach and water in a food processor and process into a puree.

Place flour onto a working surface and create a small well. Place lard in the centre of the well, add all the other ingredients. With clean hands, mix everything together and work dough for 10 minutes. Once dough is ready, place in a container and cover with a kitchen cloth or cling wrap.

Let rest for 30 minutes.

Flatten dough into a thick disc between your hands and place through a pasta machine set to the widest setting. Run dough through roller a few times to flatten until you reach 5 mm thickness. Cut into 2.5 to 7.5 cm pieces.

Heat sufficient oil for deep-frying in a pan. Deep-fry spinach gnocco until crisp but not brown.

Layer spinach gnocco with crab.

*Cibo is a casual Italian restaurant with 11 branches throughout the Philippines. Margarita Fores, 'Asia's Best Female Chef 2016', also has farm-to-table restaurant, Grace Park and a champagne bar, Lusso. See cibo.ph.



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A mission to save PNG rainforest

The WildArk conservation group is embarking on a project in the mountains of New Britain. *Kate Webster* reports.

Conservation organisation WildArk has its sights set on Papua New Guinea, with a project in the Nakanai Mountains on the island of New Britain.

WildArk is teaming up with the Tuke community and the Baia Sportfishing Lodge to establish the Tuke Rainforest Conservancy to protect about 17,000 hectares of lush tropical rainforest from logging and palm oil plantations.

A project team is already planning activities that will assist in the development of subsistence agriculture and renewable energy, as well as provide long-term biodiversity protection in the region through education.

The team is also researching the potential for low-impact

ecotourism and aims to train people in the Tuke community to monitor illegal logging activities.

WildArk and Baia Sportfishing Lodge began discussing the project early last year.

Lodge owner, Riccard Reimann, had been visited by elders from the Tuke village who told him that logging threatened the rainforest.

The project is perfect for WildArk, which does not take ownership of the land, but leases it and helps with education and medical assistance to ensure the community can maintain its way of life.

The Nakanai Mountains were proposed as a World Heritage site in 2006 by the PNG government and remain on the Tentative World Heritage list.



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Since then, the island has been heavily logged and cleared for palm oil plantations, leaving only pockets of lowland forest intact.

WildArk has entered into a 10-year arrangement with the community to protect the rainforest, with a view of increasing this to 99 years and investigating expanding the conservation area to surrounding communities.

WildArk has some high-profile ambassadors, including world champion surfer Mick Fanning.

With PNG known for its incredible surfing, WildArk hopes at some point get Fanning over for a visit.

"Papua New Guinea has incredible waves on offer that are essentially empty, so Mick is intrigued by the prospect of scoring some uncrowded waves, hiking into Tuke and building awareness for Papua New Guinea conservation," says Mark Hutchnison who co-founded WildArk in 2016 with his wife Sophie.

The first project by the Australians was in South Africa where they established the Pridelands Conservancy, and they are also looking to start projects in Alaska, Zambia, Kenya, Borneo and India. ■

See wildark.com.

On the wild side ... WildArk co-founder Mark Hutchnison looks over destroyed forest (left); New Britain has some of the world's largest underwater rivers and spectacular waterfalls (right).



PICTURES: WILDARK; RICCARD REIMANN



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A PIECE OF PNG: STONE AXES

WHEN DID STONE AXES HAVE THEIR HEYDAY?

Stone axes were common in Papua New Guinea prior to the arrival of Europeans, who introduced steel axes. This started in the 1800s in coastal areas and in the 1930s in the Highlands.

HOW WERE THE AXES USED?

They were primarily tools for cutting trees and shaping timber for use – felling a tree with a stone axe took three to four times longer than using a steel one. Adzes, where the stone head is mounted at right angles to the shaft, were more often used in gardening, to break up soil. Only rarely were stone axes used for fighting (stone clubs were preferred).

WERE THEY USED IN CEREMONIES?

In the Western Highlands, large axes with broad flat and thin slate blades, and mounted in large distinctly cross-hatched woven rattan cane hafts (handles), were displayed in traditional dances. They were used occasionally to cut off parts of people's fingers in memory of relatives who had died. As valuable objects, stone axe heads were important items in trade networks, compensation and bride-price payments.

WHERE WERE THEY MADE?

Only certain hard volcanic stones are suitable for use as an axe head. Stone was extracted in quarries, sometimes from deep shafts – perhaps the first underground mining in PNG thousands of years ago. Traditional quarries or 'factories' are known to have existed in the Wahgi and Jimi valleys of Western Highlands Province and in Simbu Province.

HOW WERE THEY MADE?

The pieces of stone, extracted by splitting stone that had been alternately heated and cooled, were shaped, a blade edge ground, and the whole thing polished on sandstone or similar, often near running water. Anthropologists have estimated that it took 35 to 45 hours to grind down, polish and sharpen a work axe and another 40 hours to haft it. Axe heads were mounted into a wooden haft, often a suitably shaped single piece of wood that was split to accept the axe head, then held in place with a tight binding of split cane. Working axe heads were thick with an oval cross-section, while ceremonial axes were flat and thin.

WHERE CAN STONE AXES BE BOUGHT?

The stone axes available today are replicas, probably using a softer stone. They are available in some highlands provinces and at the annual Mount Hagen and Goroka shows. ■



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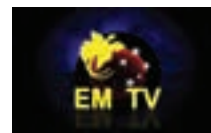
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Snake's on the menu

Jennifer Johnston visits a busy Hong Kong diner where the patrons are slurping snake soup.

A line of customers stands patiently outside a nondescript shop in Hong Kong's Sham Shui Po District, in the north-western section of the Kowloon Peninsula.

A row of fluorescent lights exposes the shop's jumbled mess.

The tiled walls are covered with newspaper clippings and coloured paper filled with Chinese symbols, the shelves stacked with an eclectic collection of plastic bags, glass jars, and various utensils.

Despite the shop's dishevelled appearance, the tables and chairs crammed into its small interior are filled with patrons eating from bowls.

Curious, I notice a perspex box at the front right of the shop partially masked with more signs and

“Snake soup's a soothing comfort food for the Hong Kong Chinese to eat, especially during winter.”

Chinese characters. At the top of one sign are two hand-written words in English: 'snake soup'.

In traditional Chinese medicine, snake is renowned for warming the body and for healing benefits, said to promote blood circulation and ease arthritis. Snake soup has been consumed in China for over 2000 years.

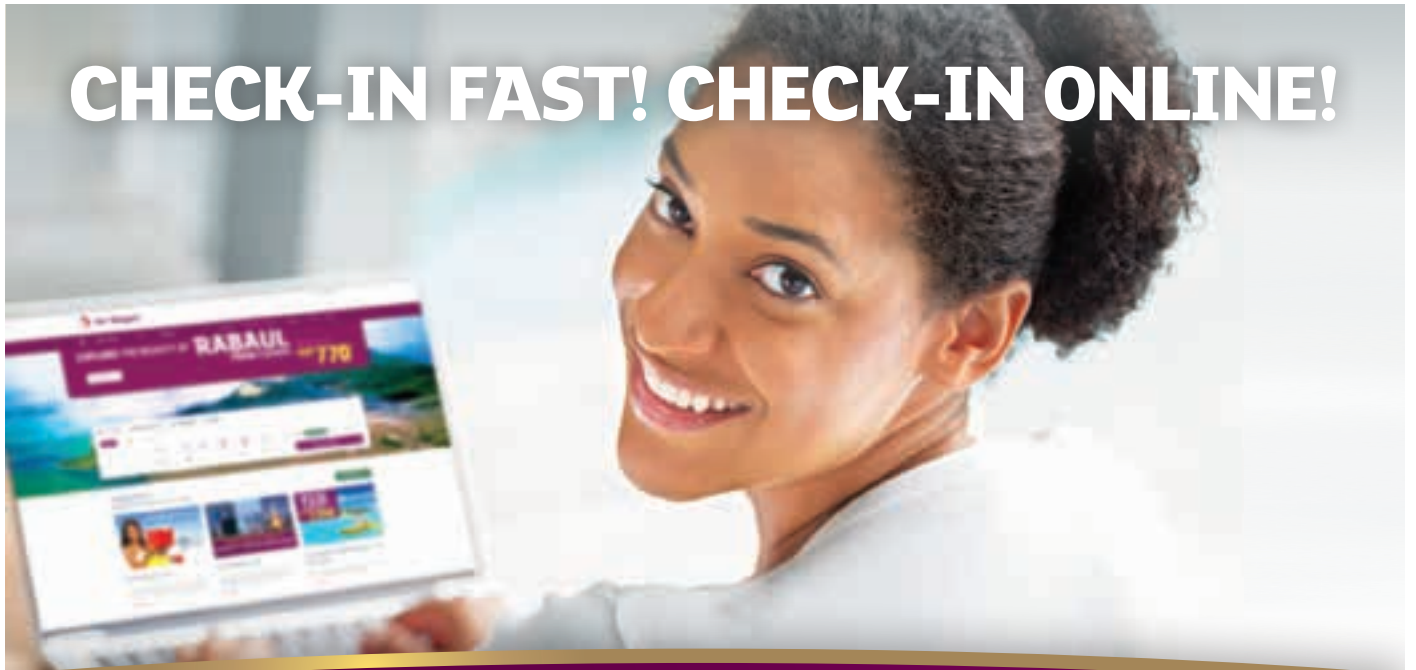
I'm accompanied by a Hong Kong local, who suggests we try snake soup, something she's enjoyed many times. I decline but ask her what she likes about snake soup.

"Snake soup's a soothing comfort food for the Hong Kong Chinese to eat, especially during winter," she says. "We aren't able to make this kind of soup at home, so there's always a market for customers who love snake soup."

She informs me cooked snake tastes similar to chicken, although slightly tougher.

The Shia Wong Hip diner has been serving snake soup since 1965 and its proprietor, Chau Ka Ling, known as Hong Kong's 'snake queen' is a second-generation server of the local favourite. As a child, she was trained by her father

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PICTURE: JENNIFER JOHNSTON

Dishing it out ... snake soup at Shia Wong Hip diner.

to handle snakes. Now in her 50s, she's a licensed snake catcher and live snake manager. The snakes are stored at the rear of the diner, in a series of brown wooden drawers, each bearing a bright red stamp in Chinese: 'poisonous snakes'.

Shia Wong Hip imports its snakes from China, Indonesia and Malaysia. They use five types of snakes to make their soup. Other ingredients include shredded lemon leaves, vinegar, black fungus and mandarin peel. Also available are fried snake balls and barbecued snake. Or for a more robust concoction, there's a power soup that includes lizards, silkworms and seahorses. A drop of snake gall bladder wine may help with digestion.

Shia Wong Hip's snake soup is famous, possibly because it includes greater proportions of snake than its competitors. At \$HK\$75 (about \$30) for a large and \$HK\$45 for a small bowl, it's an economical meal. After eating, customers can request to hold a snake. The diner also sells products ranging from snake wine to snake skin handbags and belts. ■



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SOGNO RISTORANTE ITALIANO, PORT MORESBY REVIEW

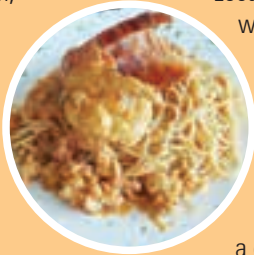
These days, there are several dining options in Port Moresby for lovers of Italian food, but Sogno Ristorante Italiano, nestled on the edge of the

Harbourside development in town, aspires to be a class of its own. The restaurant offers a full menu for lunch and dinner, from antipasti to soups, pasta, pizza, salads, mains and desserts.

With the restaurant offering marvellous views of Port Moresby's harbour, it's no surprise that seafood plays a starring role on the menu.

The *gamberi in padela* (prawns in a light tomato sauce) and *tonno alla vesuviana* (sesame-encrusted tuna) are highlights on the starter menu, while the spaghetti *di*

mare (seafood pasta) and ravioli *all'aragosta* (homemade ravioli filled with lobster meat in a cream sauce) are main dishes full of flavour.



Local PNG produce is combined with some tasteful imports, such as New Zealand beef and Tasmanian salmon. There are several vegetarian options (such as the *risotto al porcini*), and a dessert menu featuring

Italian classics such as *pannacotta* and *tiramisu*.

The deck at Sogno is also a great place to watch the sun go down (why not try their signature cocktail, the Sogno Sunset?) and is also available for functions. ■

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look good, feel good BY BRONWEN GORA

Bananas packed with goodness

When it comes to an easy and healthy snack, bananas are at the top of the list. Few plant-based foods rival their ready availability and high nutritional value.

Interestingly, while banana plants are one of the world's oldest plants and now grown in more than 100 countries, they are believed to have been first domesticated and cultivated in Papua New Guinea, with some estimates as far back as 8000 BC. These days they are a major diet staple, used mostly in desserts, porridges, pancakes and cakes.

It's just as well, as bananas can do no wrong in the health department. They are packed with potassium, the mineral essential for a healthy heart and kidneys. Studies have shown women who eat bananas up to three times a week are a third less likely to develop kidney disease. Separate research has found both men and women who eat bananas up to six times a week are half as likely to suffer kidney problems than those who do not.

Bananas are also credited with helping weight loss due to their high levels of pectin, a soluble fibre that leads to feelings of fullness and controls food cravings.

They are also major sources of vitamins B and C, plus calcium and magnesium. Their antioxidant content makes them a five-star inflammation fighter, perfect for helping prevent all kinds of ailments from arthritis to gout, not to mention anti-ageing.

Bananas contain predominantly carbohydrate and water, contain virtually no fat and little protein. Full of good kilojoules and carbohydrates, they are popular with sports people wanting a quick boost of natural, healthy energy.

Bananas are good news, too, for people suffering or at risk of developing diabetes, as they rank 'low' on the glycaemic index, the measure of how fast a food raises blood sugar.

PNG cooking styles see bananas commonly served as part of high-kilojoule desserts such as puddings and porridges, often with lashings of coconut cream or milk, which despite their health-giving qualities need to be enjoyed in small doses due to the fat content.

For this reason we have selected a vegan recipe for the popular PNG-style banana cake from healthy eating expert and founder of gentlyvegan.com, Catherine Carr. Enjoy.



VEGAN BANANA LOAF

INGREDIENTS

20 ml of egg replacement mixture*
 ¼ tsp baking soda
 1¼ cup almond milk
 1 cup wholemeal flour
 1 cup white spelt flour
 2 tsp baking powder
 ½ cup coconut sugar
 1 cup mashed bananas (approx. 2 bananas)
 ¼ cup olive oil
 ¼ cup maple syrup
 ½ cup chopped walnuts

METHOD

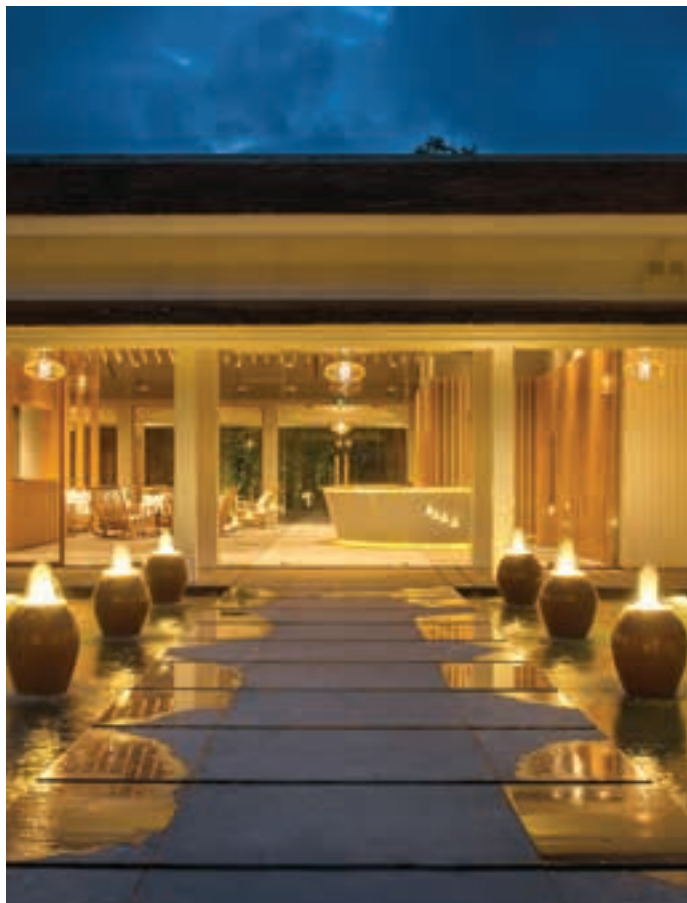
■ Preheat oven to 180 degrees Celsius.
 ■ Line loaf tin with parchment paper.
 ■ Add egg replacement and baking soda to unsweetened almond milk and whisk well, leave a few minutes for binding powers to activate.
 ■ Place to one side.
 ■ Mix dry ingredients wholemeal flour, spelt flour, coconut sugar and baking powder.
 ■ Mash bananas.

■ Add bananas, olive oil and maple syrup to dry mix.
 ■ For a second time whisk egg replacement, almond milk mix and add to dry mix.
 ■ Mix all ingredients well to a batter.
 ■ Add chopped walnuts, ensuring even distribution.
 ■ Pour into the parchment paper lined loaf tin.
 ■ Cook for 55 minutes. Loaf should spring back once fully cooked.
 ■ Remove from the oven. Leave in tin for 10 minutes to settle.

■ Lift out of the tin (parchment paper makes this part easy) onto a baking rack to cool. Slice and serve.
 ■ This loaf will keep several days in an airtight container and is wonderful toasted. My preference in a hot climate is to slice the banana cake into individual servings, freeze and defrost as needed.
 * Mix together separately 3 tablespoons vegetable oil with 3 tablespoons water and 2 teaspoons baking powder to replace the equivalent of 2 eggs.



ASIAN GETAWAYS FOR A QUICK WELLNESS FIX



Alba Wellness Resort, Vietnam: Open since February, Alba is a luxurious wellness destination, located at the site of a hot spring renowned for its rejuvenation properties, 30 kilometres north of Hue. The resort's lovely rooms and bungalows, spacious indoor-outdoor *onsen* and spa centre with fitness and yoga, and zen garden and swimming pool, are nestled amid tropical forest at the Truong Son Mountain foothills. Choose from a range of half-day packages filled with supremely therapeutic treatments, massages and detoxes.

See albavietnam.com.

The Sanchaya Bintan: This premium beachfront estate near Singapore is geared towards balancing rejuvenation with a glass of wine and gourmet food. The estate's inaugural indulgent mindfulness retreat takes place from June 4 to 8, although the resort always has on offer an indulgent detox package with delicious cleansing drinks and food, private yoga instruction, a bath ritual, massages and soothing teas.

See thesanchaya.com.

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

MONASTERY RETREAT IN JAPAN

Spirituality seekers curious about Buddhism, its health benefits and how monks live, can experience all this first-hand at Japan's Mount Koya Monastery in Koyasan.

Leading Asia travel specialist Wendy Wu Tours' new guided trip to the destination allows outsiders to rub shoulders with monks, live and learn about their modest lifestyles and religion, join in with morning and evening prayers, and meditate with the monks.

Gourmet vegetarian food and hot spring visits are also part of the package.

See wendywu tours.com.au.



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



BIKING BONANZA

Mountain biking is recognised as the fastest-growing adventure recreation sport on the planet – and Tropical North Queensland is recognised as one of the top places to do it, with 700 kilometres of documented trails, from easy to expert, and many tour operators to help you find them.

This nirvana status will be cemented even further when the inaugural four-day mountain bike stage race, Reef to Reef, takes place from August 9 to 12.

The event promises to be an amazing spectacle, with the world's best riding through rainforest to the coast.

See reeftoreefmtb.com.

If you want to try the sport yourself, saddle up with Cairns-based bespoke mountain bike hire, shuttle and tour specialists Tropic Rides.

See tropicrides.com.



Air Niugini flies from Port Moresby to Cairns daily, except Fridays and Saturdays when there are two flights. See airniugini.com.pg. ■



Hammock for two

You only need two trees, and Kammok's Roo Double hammock becomes an instant relaxation nook in the garden, or a place to sleep off the ground during a trek. This lightweight, tear-resistant hammock can hold over 220 kilograms, plus there's a small pocket and loops along the rim to connect your gear to, so you won't have to stumble around in the dark for your water bottle. Available in a variety of vibrant colours. *About PGK320 (without straps); kammok.com.*



Compression socks

Regular travellers are on constant alert for ways to feel fresher post-flight. These wool-blend 2XU flight compression socks help minimise long-haul fatigue and muscle stiffness, with graduated compression for increased circulation and less swelling. The padded footbed makes your feet extra comfortable, and the vented toe panel gives better breathability. *About PGK125; 2xu.com.*



All-weather phone case

Overheating in the sun, shutting down in the cold ... smart phones can, unfortunately, desert us when we need them most on our travels. That's why the insulated thermal Phoozy case is so handy. Made from materials used in astronauts' suits, you can think of it as a space suit for your phone, ensuring your phone stays safe from intense temperatures (from 200 to -32 degrees), helping it survive the shock from drops, and making it float if it hits water. Designed for Apple, Android, Samsung and Microsoft phones. *About PGK100; phoozy.com.*



Wash bag

A good looking wash bag that's spacious and waterproof? Yes, please. This one from Filson is made from durable canvas, is lined with waterproof nylon (in case some gel or cream explodes during the flight, as it inevitably does) and folds down flat. *About PGK451; mrporter.com.*



Full-face snorkel

Anyone who's serious about snorkelling knows that full-face masks are nothing to laugh at. The Seaview 180 mask (with a 180-degree perspective) lets you breathe through your mouth and nose while you're snorkelling, and it's made from silicone, which means the fit is super snug. It has adjustable wide straps that don't get tangled in your hair, plus there's a handy Go Pro mount so you can easily capture your underwater escapades. Comes in three sizes. *From about PGK160; snorkelpro180.com.*





Clean water bottle

The completely BPA and plastic-free Que collapsible water bottle is perfect for eco-conscious hikers and travellers who don't want to take up too much carry-on space. The funky-looking 600-millimetre bottle is made from food-grade silicone with a stainless-steel cap and comes in 10 fun colours. *About PGK80; quebottle.com.*



Range finder

Not a total necessity, but definitely lots of fun, Nikon's Prostaff 7i Laser Range Finder will tell you your distance from a nearby mountain, or help you figure out how far your boat is from shore. Compact enough to slip into your pocket or hang off your belt, it has great optics, simple single-button operation, and powers down after eight seconds to save battery. *About PGK970; nikonsportoptics.com.*

Sun protection

A great face sunscreen is a must for travellers. Sun Bum's SPF 30 face stick is a winner – it includes vitamins C, E and A and beeswax, and is small enough to take in your carry-on. *About PGK30; dermstore.com.*



First-aid flashlight

VSSL's compact, multi-purpose flashlight is the travel companion you never knew you needed. Untwist the base of this flood beam lantern light and you'll find a compass, antiseptic wipes, whistle, 24 bandages, tweezers, aspirin, medical tape and more. The aluminium shell keeps everything dry, and the torch has 40 hours of continuous-use battery life. *About PGK215; amazon.com.*



Versatile sandals

Tevas are considered the modern adventurers' essential travel shoe, and for good reason. You can wear them in the water just as easily as you can hiking or out to dinner. The cushiony contoured base supports your arch to keep your feet healthy and the Velcro strap makes them easy to get on and off. This black pair is a classic, but they come in a big range of colours and patterns. *About PGK380; teva.com.*



Wool buff

For those journeying to cooler climates, a buff needs to be in your bag. This merino wool version, which comes in a handsome array of colours and patterns, can be worn around the neck, pulled over the head like a beanie or over the face like a balaclava. *About PGK80; buffwear.com.*



Loveless

Cast: Aleksey Rozin, Maryana Spivek, Matvey Novikov

Russian director Andrey Zvyagintsev has made a name for himself at film festivals around the world, like Cannes and Venice, for his harsh films about contemporary Russia. Whether it's the conflict between the upper and lower classes in *Elena*, or the corrupt politicians of his Oscar-nominated masterpiece *Leviathan*, his movies provoke discussion and have proven to be controversial in his homeland.

His latest film – and his latest to receive an Oscar nomination – is *Loveless*, a drama about divorcing parents Zhenya and Boris who are so self-involved within their new relationships, their jobs, and their Instagram accounts, to notice that their own son, Alexey, has gone missing.

This would be a traumatic experience for any parent, but these two parents must quickly reconcile with the prospect that Alexey won't be coming home and that it may be their fault. A chilling and masterful exploration of an evolving Russia, *Loveless* is a towering achievement.

Sicario 2: Soldado

Cast: Benicio Del Toro, John Brolin, Catherine Keener

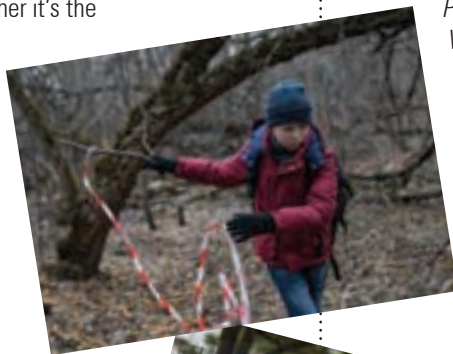
One of the most unlikely films from recent years to garner a sequel is *Sicario*, an edge-of-your-seat thriller from 2015 about an idealistic FBI agent roped into the escalating war on drugs.

It was an incredibly stylish film from Canadian director Denis Villeneuve, but not exactly the sort that gets follow-up features.

Villeneuve has chosen not to return, and the new film sadly also loses the original's star, Emily Blunt.

It was, however, written once again by Taylor Sheridan (who had success last year as a writer/director on *Wind River* and earned an Oscar nomination for writing *Hell or High Water*), who recalibrates the focus onto Benicio Del Toro's double-sided assassin in a new case involving terrorists on the US–Mexico border.

With its sleek look and bass-heavy soundtrack, *Sicario 2: Soldado* sends this franchise into new directions.



Avengers: Infinity War

Cast: Robert Downey Junior, Chris Evans, Scarlett Johansson

The Marvel Cinematic Universe of superhero films will continue well into the future thanks to the recent promising launches of *Black Panther* and *Ant-Man* (plus the increased likelihood of a *Black Widow* spin-off for Scarlett Johansson).

However, the last 10 years of superhero movies – which began with *Iron Man* – have all been leading to *Avengers: Infinity War*.

Film after film – from *Thor* to *Doctor Strange* to *Spider-Man: Homecoming* – culminate in the third *Avengers* movie. This is undoubtedly a suitably epic action spectacle where all of your favourite heroes come together to beat the biggest and baddest supervillain that the team has ever had to face.

Full of flash visual effects and explosive action set-pieces, the actors, perfectly cast in their respective roles, are really what make the *Avengers* movies come together.

Lean on Pete

Cast: Charlie Plummer, Steve Buscemi, Chloe Sevigny

Director Andrew Haigh has built a speciality in crafting tenderly affecting films around people in romantic partnerships revealing their inner lives.

His first film was *Weekend*, which brought together two Londoners over a single weekend and built a cinematic romance for the ages, while *45 Years* inverted that by having a marriage crumble after the revelation of a decades-old secret.

Haigh has had a change of pace, however, with *Lean on Pete*. It's a road movie, of sorts, about a teenage boy named Charley and a horse named Lean on Pete that is destined for the slaughterhouse.

Stealing him in the middle of the night from the Oregon stables where he works, Charley and Pete cross paths with a number of people on their journey that teach Charley about life while also allowing the British filmmaker to say things about America. The film premiered at the Venice Film Festival and shows Haigh as a truly world-class director. ■

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



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***City of Devils* (Penguin Books), by Paul French**

London-born Paul French lived and worked in Shanghai for years and his analysis and commentary on China was widely published. As an author, China remains his focus. One of his books, *Midnight in Peking*, was a New York Times bestseller.

City of Devils is an account (historical fiction) of Shanghai's lawless 1930s and '40s and two of its most notorious criminals, Joe Farren and Jack Riley.

The two are at the heart of this story. It is through them that the author helps create an account of the drug-running, graft and gambling that were synonymous with Shanghai long before the stories of China's economic miracle and surging GDP numbers came to replace them.

City of Devils has been described as a true-crime book, one whose brilliance is the recreation of a time and place through an impeccably researched narrative.

***Dancing Bears: True Stories about Longing for the Old Days* (Text Publishing), by Witold Szablowski (translated by Antonia Lloyd-Jones)**

Witold Szablowski is an award-winning Polish journalist. His book, described as brilliant, funny and heartbreaking, is an account of people in former communist countries who remain intriguingly nostalgic for how life once was.

For hundreds of years, Bulgarian gypsies trained bears to dance, welcoming them into their families and taking them on the road to perform. In the early 2000s, after the fall of communism, they were forced to release the bears into a wildlife refuge. But, even today, we are told, whenever the bears see a human, they still get up on their hind legs to dance.

In the tradition of acclaimed Polish writer Ryszard Kapuscinski, Szablowski tells stories of people throughout Eastern Europe and in Cuba who, like Bulgaria's dancing bears, are now free but long for when they were not.

Szablowski likes to wander and his book includes accounts of him hitchhiking through Kosovo as it declares independence, arguing with the guides at the Stalin Museum, and sleeping in London's Victoria Station alongside a homeless Polish woman.

Dancing Bears is a portrait not only of social and economic upheaval, but a lesson in the challenges accompanied by freedom; it reveals, for some people at least, the seduction of authoritarian rule. ■

***The Communication Book: 44 Ideas for Better Conversations Every Day* (Penguin Books), by Mikael Krogerus and Roman Tschäppeler**

Mikael Krogerus is from Finland and is the editor at *Das Magazin*, a Swiss weekly, while co-author Roman Tschäppeler is a Swiss-based creative producer.

The duo collaborated on the bestselling *The Decision Book* and have now teamed to teach us how to communicate better, not only work but in everyday life. The authors have tested 44 of the world's most important communication theories.

Want to run better meetings, brush up on your listening skills, or the conversations you have in your head? The authors fuse theory and business advice with humour and practicality.

According to the publicists the smarty-illustrated book is suitable not only for business people, but also for those who want to communicate better at home.

***Twilight in Kuta* (Monsoon Books), by David Nesbit**

British-born David Nesbit has lived in Indonesia for about 20 years and his debut novel explores love, loss and infidelity in modern Indonesia.

The novel's cast includes a Caucasian English teacher, a frustrated Indonesian wife, a mixed-race schoolgirl, a Javanese ex-soldier and a naive village girl desperate for love.

When young western tourist Neil meets Indonesian girl Yossy on Kuta Beach, he decides to settle permanently in Indonesia, knowing his life is about to change forever. Will it be the paradise he is yearning for? When cracks start to appear in Neil's tropical existence, he is forced to re-evaluate all he once thought important.

While the questioning reveals some of Indonesia's many flaws, lovers of Kuta/Bali/Indonesia might ultimately read *Twilight in Kuta* as something of a love letter from Nesbit to his adopted home. ■





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LOCALLY MADE

Manufacturing in PNG is a small part of the country's economy; however, the spirited sector is punching way above its weight with a wide array of products, from coffee to beer, chocolates and steel products. *David James* reports.

Manufacturing in Papua New Guinea represents a comparatively small part of the economy. According to the World Bank, it constituted just two per cent of GDP in 2017, although other estimates put it between six and 11.5 per cent.

On the export side, the strongest performer is palm oil. According to the Bank of Papua New Guinea, palm oil exports rose by 180 per cent between 1998 and 2016.

Yet if the manufacturing sector is small, there is nevertheless some spirited activity.

One example is Pacific Foam, which claims to be the largest diversified packaging supplier in PNG. "We can meet all the packaging needs of the various sectors of

the growing PNG economy: retail, wholesale, fast-moving consumer goods manufacture, food and beverage manufacture, agriculture, fisheries, construction, mining and resources, hospitality and catering," says chairman Nihal Shah.

"While economic conditions are definitely very tough in the country today, Pacific Foam Group does see a bright long-term future and continues to invest in its manufacturing capabilities to grow its business and help the national goal to reduce reliance on imports.

"Today, we are a vertically integrated manufacturer with products that are proudly PNG-made and proven in the marketplace."

Another prominent player is SP Brewery.

General manager, Stan Joyce, says managing economic volatility is essential in PNG.

"If you're planning a manufacturing business in PNG, you have to accept that the nice little 2–2.5 per cent growth that the economists and all those wonderful people in suits on the other side of the world want to have happen, won't always be the case in PNG.

"Sometimes I go to meetings and tell the bosses about a 10 per cent growth in sales and they're wondering how you did it. When you've got to explain a 15 per cent drop they want to know what you're not doing. But you need to have that long-term view."

Many manufacturers in PNG are overseas companies. ➤



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For example, KraftHeinz has two factories in PNG producing corned beef. In 1988, the company purchased the Hugo Canning Company and it has distributed from the Port Moresby warehouse since 2011. It also exports to the Solomon Islands and Vanuatu.

The Australian company Rhodes has a manufacturing and logistics plant in Port Moresby. Managing director, Emanuel

“

While economic conditions are tough in the country today, Pacific Foam Group does see a bright future and continues to invest in its manufacturing capabilities to grow its business and help the national goal to reduce reliance on imports.

”

Papas, says the company is geographically spread, with procurement and manufacturing operations in China, a back-end design office in the Philippines, a head office in Australia and local operations for each project.

Papas says establishing operations in PNG takes time, but once established it is relatively secure because of the high barriers to entry.

Some companies find conditions difficult, however.



Hard at work ... (from top, clockwise) making ice cream at Laga Industries; Chey Scovell, the chief executive of the Manufacturers Council of PNG; beer from SP Brewery; PNG springs.

The paint manufacturer Akzo Nobel has pulled out of local manufacturing, citing high overheads. Although PNG labour is affordable, the other costs can be high.

The foreign exchange shortage is posing a challenge for many PNG businesses, including international manufacturers. But it can benefit the local players, according to Chey Scovell, chief executive of the Manufacturers Council of PNG.

He notes that it is opening up gaps in the market, especially in the fast-moving consumer goods space.

Frank McQuoid, chairman of steel fabricator, Steel Industries, says that many clients prefer to pay for their product in kina. He says, however, that it will be difficult for PNG manufacturers to survive without greater protection, observing that “the vast majority of imports into PNG are duty free”.

Many local PNG manufacturers are building on the advantage PNG has in agricultural produce.

According to Canadian vanilla supplier Aust & Hachmann, PNG is one of the premier producers



of vanilla beans, and essence is locally manufactured.

Another using this strategy is Ernestine Maxtone-Graham, director of MaxtoneHaus, who started a coconut oil processing plant at Kanudi in Port Moresby in 2015, buying copra from local farmers along the coastal villages in the Abau District of Central Province.

MaxtoneHaus says it initially bought sun-dried coconuts, but then began purchasing whole coconuts and air drying them. The shell is used for fuel, the meat is pressed for oil and the remaining meal is sold to piggeries. “There is no wastage,” says MaxtoneHaus.

Another option is to manufacture offshore using PNG raw materials.

Papua New Guinean, Pana Wiya, principal of Village Coffee, is located in Sydney, Australia. He imports beans from Wau in Morobe Province, and the Eastern Highlands, then roasts them for the Australian market. ■





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STEEL COMPANY DIVERSIFIES

Major steel fabrication and construction company Hornibrook NGI is leveraging its in-house capacity to diversify into property and hospitality.

The privately owned Lae-based firm was formed in 1990 by the merger of Hornibrook Constructions and NGI Steel.

With the construction side of the business relying heavily on roll-formed steel-frame buildings (well suited to PNG's harsh environment) vertical integration became an important competitive advantage in an economy where it is not always easy to source the products and services you need.

"Vertical integration is the key. The more you do in-house the less you can be let down," says managing director Matthew Lewis.

“
Vertical integration is the key. The more you do in-house the less you can be let down.
”

The company relocated from the centre of Lae to the Nine Mile area, halfway to Lae's Nadzab Airport in 2012. At 6400 square metres, the steel fabrication facility at the new site is the largest in PNG and includes a vehicle repair workshop. The company's core business is to provide turnkey building services for mine sites, hospitals, schools and housing.

In the past decade, it has also expanded into property and hospitality, most obviously with the opening of the Crossroads Hotel, on a pristine block across the road from the steel plant.

The three-star hotel has 45 rooms, plus an infinity pool, poolside bar and entertainment area, and a well-equipped gym.

On the same estate, Hornibrook has built 134 four-bedroom houses, which it rents out. There is also a convenience store and ATM on site. However, this development is just the beginning of the company's ambitions in the property sector, says Lewis.

"We own a large tract of land in the Nine Mile area and when the economic conditions are right we intend to develop it into a satellite suburb of Lae." ■

— ROBERT HAMILTON-JONES





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TUNA CANNER SEES GOOD TIMES AHEAD



PICTURE: DAVID JAMES.

Managing the price of fish is the biggest manufacturing challenge, according to Erwin Ortiz, general manager of RD Tuna Cannery.

He says the company intends to increase its storage capacity as part of its strategy to deal with price volatility.

Ortiz says 2017 was “a decent year” for the fishing group.

“We need to really catch the free-school fish. That is why we have upgraded our fishing vessels. We were able to see the benefits.”

Ortiz says the company is now vertically integrated and does not need to buy fish from external players.

This has helped partially with foreign exchange challenges.

“We have to pay in kina and the fishing companies want US dollars. But now that our fleet is upgraded we all get our fish from our own fishing group.”

Ortiz says there are two elements to manage: the volume and the price of the fish.

“
In 2019, we will be
building additional cold
storage in the
manufacturing
compound.”

“
“In 2017, we improved on the volume in the second half of the year because of the new vessels,” he says.

But the price of fish, which is set internationally, got very high.

Ortiz says the average fish price last year swung in a 25–30 per cent range against 2016.

The price of fish greatly affects the company’s profit margins, he says. “You buy more fish when the price is low but when the price is up you have to be very careful.”

The way to deal with the volatility is to use cold storage to increase the inventory.

“What we need to do is stock fish for three months. With that we can plan well, do forward bookings effectively and will be protected from any changes of price.

“In 2019, we will be building additional cold storage in the manufacturing compound.”

Seventy per cent of RD Tuna’s revenue comes from exports, with the remainder sold to the domestic market.

Ortiz says he is “very, very optimistic about the future,” noting that the upgrading of the fishing fleet is paying off.

“The rebate given by the National Fishing Authority and the government to manufacturers is very good,” he says.

“We have been in the business for 20 years. RD Tuna Cannery is the pioneer in tuna processing in Papua New Guinea and we believe, given the right support from the National Government, doing business here is still profitable.” ■

– DAVID JAMES



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GOOD MEDICINE

David James reports on a PNG health care partnership that is delivering a new level of medical care.

Sandeep Shaligram ... says the Pacific International Hospital is trying to introduce new services at affordable prices.



Private-public partnerships are the best way for Papua New Guinea to meet its health needs, according to Sandeep Shaligram, the chief executive officer of the Pacific International Hospital.

The Port Moresby-based private hospital started 23 years ago as a specialty clinic and a diagnostic centre, filling gaps in the government's services such as computed tomography (CT) scans and cataract surgery.

"We have done a large number of cataract surgeries on a not-for-profit basis and still continue to do so in all of those places which have no access to medical services," Shaligram says.

More recently, in 2015, Pacific International relocated to a state-of-the-art tertiary care multi-specialty hospital at Three Mile/ Taurama in a partnership with three major state-owned enterprises: MRDC, KCH and MVIL.

The hospital is the first of its kind in PNG, and includes a cardiac catheterisation

laboratory (for diagnosis of heart problems) and a magnetic resonance imaging (MRI) machine.

It is also the only hospital in PNG with interventional cardiology and cardiac surgery, an endoscopy suite and a minimally invasive surgery suite for laparoscopic, arthroscopic and endoscopic facilities."

Shaligram says the hospital's specialty is giving the advanced and tertiary health care that has not previously been available in the country.

"We have a fully-fledged intensive care unit and the catheterisation lab is the biggest (medical) addition to the country."

It is the first and only catheterisation lab in PNG. The nearest is in Australia.

"We are also trying to bring these services in at an affordable cost because the cost of going to Australia or the Philippines is prohibitive," Shaligram says.

He says that similar services in the Philippines are more than three times ➤

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The hospital's specialty is giving the advanced and tertiary health care that has not previously been available in the country.

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more expensive, and in Australia more than five times more expensive. In addition, there are travel costs and the need for patients to leave their home environment.

Shaligram says health is one of the important state functions. "It is structured that way because the primary health care responsibility still remains with the government.

"Any company working outside that can have only a very limited reach. So that means our reach is extended (with the new 2015 hospital partnership)."

Shaligram says one of his biggest challenges is getting trained people. One of his ambitions is to train enough locals to replace expatriate workers.

He is also looking at starting a nursing college.

"You require highly trained people. Right now, my only source is expats. There is a reason for that. How do you train a local in

how to use a catheterisation lab when you don't have that in the country?"

Finding the right technology is also challenging. "Sourcing any kind of medical technology is hard and very complicated," he says.

"Sourcing medical technology is not an enterprise planned out for a couple of years or a couple of months. It is an enterprise planned out for the next three decades at least," he says. The sourcing program has to cater for the long term because medical technology becomes obsolete quickly. ■



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Time to log on, says entrepreneur

David James speaks with a software whizz who says PNG businesses will benefit if they embrace the latest digital technology and strategies.

Software entrepreneur Samson Korawali has helped establish five start-ups and a digital consultancy that is located in Papua New Guinea and Australia.

He says that PNG can benefit from developing its online business capacity.

"When you Google someone's business (in PNG), or try to find local information, there's hardly anything relevant and up to date. It is really frustrating for me.

"This is a major problem, but at the same time, a huge opportunity for businesses to utilise digital strategies and integrate SEO.

"Investing into the right technologies that align with the business goals can transform a business, if executed by the right people and strategy. Exporting goods and services via online platforms would positively impact our country and currency. It will also help generate more jobs."

Korawali grew up in Lae and moved to Sydney in 2006 to train in 3D game development, multimedia and mobile app development.

After three years working as an employee in Sydney, he started his own business, KK Consultancy, which is registered in PNG and Australia. It has been operational for six years.

"We provide innovative digital solutions, servicing clients across the mining, government, corporate and educational sector," he says.

"We've done 3D visualisations for mining companies, showing exploration and rehab simulations, website development and SEO, branding, software development, mobile app development and multimedia."

Korawali says his clients range from some of the biggest mining companies to start-ups.

"I am trying to encourage start-up companies to use online platforms to sell their products and drive visibility.

"Let's increase opportunities to do business, not just locally, but across the country and even internationally."

Korawali has branched out into starting up other businesses. The first was a biometric solution for monitoring employee hours.

"Instead of clocking in manually, we have a face recognition system that employees use to clock in and out by looking into the device."

“
Let's increase
opportunities to do
business, not just locally,
but across the country
and even internationally.
”

Another business, registered in the US, is called RunwayBuy, a fashion app.

"People can attend fashion shows live or streamed online and buy in real time when they take a photo of the runway.

"It creates a platform for designers to showcase their designs on the runway and then sell their designs at these shows through the app."

Another app is called GoFood PNG.



Samson Korawali ... among his digital innovations is an app for takeaway food deliveries in Port Moresby.

"It is almost like Uber Eats in Australia but it is the PNG version. We have partnered up with some of the biggest restaurants in Port Moresby. We have a staff of five.

"We have drivers who go to restaurants, pick up the food after you order it online, and deliver it to your doorstep. That has been going on for about a year and half now.

"Most recently, we have partnered with a few grocery stores, so people can order online and have their groceries delivered to their doorstep."

Korawali's biggest project is a learning management system (LMS) called Reelae.

"It's a platform that a student and teacher can interact on. Institutions sign up to this service, student accounts are issued, and the student can interact with the teacher and other students in their classes."

The teacher can share the lectures, take attendances, mark group work assignments, and facilitate forums.

Staff from the University of PNG and some Australian universities have already signed up to trial version 1.0, which is being provided free.

Korawali is looking to raise capital to complete the development of version 2.0 and prepare for commercialisation later this year across Australia and PNG.

Eventually he wants to expand into Asia, Europe and the US. ■





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TRADE EXPERT'S WORLD VIEW



Kevin McQuillan meets a Swiss-based Papua New Guinean who is advising African nations how to expand their economies.

Bonapas Onguglo ... is looking to the next generation to expand networks between PNG and Europe.



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Bonapas Onguglo has been working as a trade analyst at the United Nations Conference on Trade and Development (UNCTAD) since 1984, advising African governments how to expand their economies.

He sees many parallels between African nations and Papua New Guinea, which, he says, could draw on African success stories, particularly in agriculture.

PNG could develop its agriculture sector by creating new products specifically designed for exports, he tells *Paradise*.

At a practical level that would mean developing and promoting the clean, green nature of PNG's organic agricultural products.

But the seas around PNG also

have huge potential, he says, if viewed as "an ocean economy".

"What that means is not just make sustainable use of fish in the exclusive economic zones, but to develop other activities like coastal-based tourism, offshore wind farming, or marine biotechnology.

"The proposal becomes even more interesting if PNG joins forces with other Pacific island countries to form a regional seas policy area," he says.

For many Europeans, he says, PNG is an exotic country.

"People who don't know much, if anything, about PNG, ask about the people, the food, the environment and politics.

"They are always amazed at the time it takes to go from Europe to PNG (more than 22

“
People who don't
know much, if
anything, about
PNG, ask about
the people,
the food, the
environment and
politics.
”

hours flying time). They also cannot believe when I tell them that we have over 800 languages and as many, or more, dialects. They always ask how this is possible on a small island.”

Born in Goroka, Onguglo's parents, Peter and Anna Dinbi, are from Kerowagi in Simbu Province. It's a place he brings his European friends to visit.

"They love the place. Once we took a British couple to my mum's village in Kerowagi. They saw a *sing-sing* group. Another time we took a French woman to Kerowagi. She also travelled the Highlands Highway to Madang. She loved the experience. My daughter also had her friends visit on a number of occasions."

Equally, Onguglo wants more Papua New Guineans to live overseas, "because it tends to be a positive experience overall".

"I believe in inter-cultural exchanges to develop solidarity, harmony and understanding ➤

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The seas around PNG have huge potential. What that means is not just make sustainable use of fish in the exclusive economic zones, but to develop other activities like coastal-based tourism, offshore wind farming, or marine biotechnology.

”

among peoples because ultimately we live on one small planet in one solar system, in one galaxy.”

He looks to the next generation to expand networks between PNG and Europe.

As well as an annual *mu*mu in Germany, PNG independence day is celebrated in Brussels and the UK. He notices on his two-yearly trips home the changes taking place in Port Moresby and Lae – coffee

houses, fashion and clothing stores are opening up.

And his experiences in Africa show the potential for creative Papua New Guineans to showcase their culture internationally.

“I was involved in organising a Kenyan fashion show that enabled local fashion houses and designers to exhibit ecologically and ethically chic fashion. It was a major hit at an UNCTAD conference in Nairobi in July 2016,” he says.

Onguglo was educated at Mount Hagen Primary School and Hagen Park High School, then earned an honours degree in economics at the University of PNG, and then won a Fulbright scholarship to go to Vanderbilt

University in Tennessee.

There, he obtained a master of arts, majoring in international economics.

He joined the United Nations in 1984 as part of a drive to recruit young professionals from under-represented member countries. PNG was one such country at the time and still is today, he remarks.

“We (my wife, Paula Kate, also from Kerowagi) found Switzerland difficult at first as it was a (partly) French-speaking country. It made it hard to integrate. Also it was, and is still, expensive. And it was far away from our families in PNG. But we enjoyed – and still enjoy – the smallness and greenness of Switzerland.” ■

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Q&A PAUL SAYER

Superannuation fund Nambawan Super is one of the largest sources of investment capital in Papua New Guinea. Chief executive officer, Paul Sayer, tells *Paradise* about the fund's approach to investments.

Q: Nambawan Super has played a major role in driving domestic investment recently. Can you describe your investment strategies?

A: We continue to invest in PNG and we're currently holding a fair proportion of our money in cash while we continue to look for opportunities. There are certainly opportunities within the country, but we're also in a growth phase of the fund, so we're also looking internationally.

Q: Things are quiet on the Port Moresby stock exchange, so is it really unlisted opportunities you're looking for? Can you nominate some successful investments made by the fund?

A: We look for any investment opportunities that match our risk and return criteria. These may include family businesses at a significant stage of growth. Where a business has outgrown its family ownership model and

is ready to expand we can play the role of a private equity or venture capitalist. We can also support those businesses with stronger governance and a wider shareholding that provides returns to all Papua New Guineans. We hold a large proportion of Paradise Foods. We also have other investments, such as SP Brewery.

Q: What about your property portfolio?

A: We've built the new Deloitte Haus in Port Moresby.

It will be part of a complex of three buildings, including the Nambawan Plaza. The other two buildings will include residences. We are building them in a joint venture with Lamana Development.

Q: What other initiatives are you looking at?

A: One of the things we're focused on is the post-retirement stage for our members. We're looking to provide an income stream rather than giving them a lump sum that they will need to manage through their retirement. One of the challenges for us is to encourage members to let us invest that lump sum so they can continue to access the power of our investment skills. ■

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BLOOM TIME

Nalau Bingeding reports on a grass-roots enterprise that has the potential to grow in PNG.

I grew up in a small village called Wagang, about 50 kilometres from Lae, and the annual Morobe Show at the city's showgrounds was part of my childhood.

Every year, I saw the displays of cut flowers at the horticulture pavilion, but I never paid much attention. I thought the cut flowers were on display for the expatriate community in Lae to buy and decorate their houses.

Many years later, I worked as a forest researcher for the Papua New Guinea Forest Research Institute, based at the National Botanical Garden (NBG) in Lae.

Although my work was focused on trees, I sometimes walked through the NBG to see the orchids, cut-flower species and other ornamental plants.

In recent years, there has been a lot of enthusiasm in the art and business of floriculture throughout PNG, and the NBG has become the main source of orchids and other cut-flower species for Lae residents and nearby villagers.

I have relatives who sustain their livelihood growing and selling cut flowers. They are subsistence farmers, juggling gardening and floriculture.

My brother-in-law David Apollo and his wife, Hereadai, grow and sell cut flowers at Nasuapum village, along the Lae–Nadzab road in Morobe Province.

The little money they earn from cut-flower sales puts food on the table and pays for other necessities of the family, says David.

Floriculture is one of the easiest businesses to start, he says. "You clear a piece of land, plant a few cut-flower species, and you are on your way. Then you regularly tend the flower garden and cut your flowers for sale, with no intensive management or extra costs involved."

Cut flowers are not heavy, but a wheelbarrow is handy to transport them to the roadside for sale. David and Hereadai do this every Saturday morning.

They have attended shows, workshops and trainings on floriculture in Lae. They say the training has been helpful.

"I learned the basics of the business at the training, but most of the floral arrangements I do now are my own improvisations," says David.

David and Hereadai have been hired to do floral arrangements for small businesses that have contracts for office decorations in Lae. They also had a short stint supplying cut flowers to a florist in Port Moresby, but they could not continue due to the high cost of air freight.

David says there is potential to venture into large-scale production of cut flowers, but there must be regulated markets.

"You do not want to mass-produce flowers and then find out you cannot sell them due to over-supply or lack of markets," he says.

The PNG

government is promoting small and medium enterprises (SMEs) and wants citizens to be involved in a wide array of businesses. The government wants some 35,000 SMEs by 2050 to fulfil the goals of Vision 2050.

Floriculture is one SME that people can take up to fulfil the vision and, in particular, is an activity that promotes the idea of women in business. It is mostly women who are currently involved in floriculture in PNG.

There is potential to supply cut flowers to Europe, but research is needed to find out about the products that are supplied from Africa and South America. PNG cannot compete directly with the more-established African and South American sellers by offering what they sell. We need to have niche markets that are uniquely ours. ■



Mining boss urges local ownership

Sarah Byrne reports on a mining enterprise that is wholly owned by 12 clans in East Sepik Province.

Aiabba Minerals is a mining company fully owned by an indigenous community in Papua New Guinea. Such an ownership model could become a best-practice model for the future development of the country's resources, executive chairman and managing director, Moses Mondowa, says.

Aiabba Minerals' current major shareholders are the 12 clans of the local indigenous community in East Sepik Province, which invested in the company through the Malaumanda Development Corporation (MDC).

The mining exploration company was initially a joint venture between Afrocan Resources Gold (PNG) and the MDC. An exploration license was granted to the venture in May 2016.

The entity was then incorporated as Aiabba Minerals (Aust) Pty Ltd in Australia, with the aim of creating a portfolio

of PNG exploration properties. That company is seeking to raise finance, both locally and overseas.

The exploration license covers 224.9 square kilometres of the southern parts of East Sepik Province.

It is believed the area holds potential for gold and copper deposits, porphyry copper-gold-molybdenum deposits and structurally controlled gold lode deposits.

The company claims that there is the potential for "more than one million ounces of gold, or gold equivalent".

Mondowa says that for PNG's resources and investment sectors to be successfully developed, it is important for the local community to invest in local companies and their projects.

"People in the country must learn to move away from a cash culture and, instead, see the long-term value of buying shares," he says.

"I think people are starting to understand the potential value here."

Mondowa believes that buying shares to earn a dividend

represents a sound option in PNG's current difficult economic environment.

"It's vital that people are invested in these projects with strong potential and profit from the success of business in their region."

“People in the country must learn to move away from a cash culture and, instead, see the long-term value of buying shares.”

Mondowa hopes Aiabba Minerals will act as a best practice example of a PNG company on how to engage with the local community.

Aiabba Minerals is planning to raise finance of PGK5.1

million to purchase a drill rig, fund the drilling program at the Malaumanda project and pay for company expenses this year.

"Working with local shareholders and foreign cornerstone investors to list on the Australian Securities Exchange will be fundamental to the company's success, he explains.

While the local community is supportive of the project, Mondowa says the community must continue to educate local people on the long-term value.

"We need to work with foreign investors to support us in the development of these projects, but it is also important that the local community is profiting from the project's success." ■



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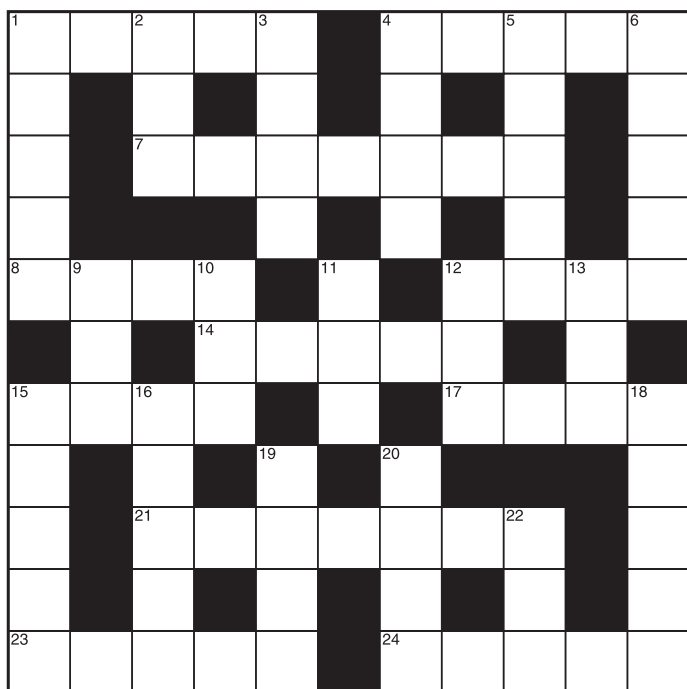
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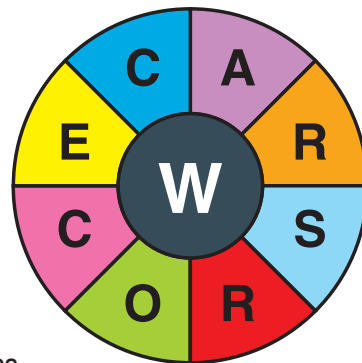
1. Informer's turf? (5)
4. Is led around and does very little (5)
7. Something that stretches across? Don't get it in the works, or you'll have trouble (7)
8. Formerly you left a thousand grains (4)
12. Step out? What a nuisance! (4)
14. Established custom involving some sausages (5)
15. Fair to involve feet (4)
17. Slender results from a lot of bathing (4)
21. Alarm London Gallery putting a soldier in front (7)
23. Clean new weapon (5)
24. Rows will lead to tears, they say (5)

DOWN

1. I hear jeans are inherited (5)
2. A ship's fool? (3)
3. Fly back into Canberra, Oscar (4)
4. Where nearly all Finns go for a drink? (4)
5. Disturbed regal Jumbo (5)
6. Aroma from Sacramento leaves strange smell (5)
9. Gorilla hides in chapel (3)
10. Expected to mention dew (3)
11. Used to cool off enthusiast (3)
12. Four-legged family member is pretty odd! (3)
13. Perform slalom in moleskins? (3)
15. Delicate but showing a kind of flair (5)
16. Coach or rail transport (5)
18. Gets up close to damaged snare (5)
19. Quote it in church (4)

Wheel Words

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



6 Good

10 Very Good

14+ Excellent

20. Rush to get missile (4)

22. First woman involved in revenge (3)

STRAIGHT CLUES

ACROSS

1. Wimbledon court surface (5)
4. Runs in neutral (5)
7. Nut fastener (7)
8. Hourglass contents (4)
12. Destructive insect (4)
14. Treatment (5)
15. Church bazaar (4)
17. Skate on ... ice (4)
21. Stir up (7)
23. Cavalry spear (5)
24. Cake layers (5)

DOWN

1. Chromosome units (5)
2. Donkey (3)

3. Glide aloft (4)

4. Taverns (4)

5. On the loose, at ... (5)

6. Fragrance (5)

9. Imitate (3)

10. Payable (3)

11. Groupie (3)

12. Teacher's favourite (3)

13. Water scooter, jet ... (5)

15. Physically weak (5)

16. Orient Express is one (5)

18. Approaches (5)

19. Mention as example (4)

20. Sewn skirt tuck (4)

22. December 24, Christmas ... (3)



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. After which flower is Papua New Guinea's women's rugby league team named?
2. If you are travelling along the Boluminski Highway, which PNG province are you in?
3. PNG is east of the Wallace Line. What does the line delineate?
4. What is the international dialling code for PNG?
5. How much coastline does PNG have: 1250, 5150 or 10,550 kilometres?
6. Which South Pacific nation was represented by Pita Taufatofua when he marched topless in sub-zero temperatures at the opening ceremony of the Winter Olympics in South Korea?
7. Which US reality TV program has recently shown interest in filming in PNG?
8. Can you name the leader of North Korea?
9. Who is Australia's new deputy prime minister?
10. Which South Pacific nation was once known as the Cannibal Isles?
11. British author Redmond O'Hanlon travelled into the heart of which country?
12. Which Pacific island claims to be the largest consumer per capita of SPAM in the world?
13. In total, how many stars appear on the flags of PNG, Australia and New Zealand?
14. Marovo Lagoon is the world's largest saltwater lagoon. Where is it?
15. Where are brightly decorated *jeepneys* (pictured) a popular form of public transport?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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Solutions

Wheel Words

Solution: Craw, Crew, Crow, Scow, Ware, Wear, Wore, Arrow, Cower, Rawer, Rower, Screw, Serow, Sower, Swear, Swore, Worse, Crower, Escrow.
9-letter word: SCARECROW

G	R	A	S	S		I	D	L	E	S
E		S		O		N		A		C
N		S	P	A	N	N	E	R		E
E				R		S		G		N
S	A	N	D		F		P	E	S	T
	P		U	S	A	G	E		K	
F	E	T	E		N		T	H	I	N
R		R		C	D					E
A		A	G	I	T	A	T	E		A
I		I		T		R		V		R
L	A	N	C	E		T	I	E	R	S

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

The Paradise quiz answers

1. Orchid. 2. New Ireland. 3. It's an imaginary eco-boundary that runs through Indonesia and separates faunal worlds: tigers and monkeys, for example, are found to the west of the line and marsupials to the east. 4. +675. 5. 5150. 6. Tonga. 7. *Survivor*. 8. Kim Jong-un. 9. Michael McCormack. 10. Fiji. 11. Borneo. (His hilarious book about the 1983 journey is called *Into the Heart of Borneo*.) 12. Guam. (Average per capita consumption of the cooked canned meat is 16 tins annually.) 13. 15 stars (Australia six, PNG five, NZ 4.) 14. Solomon Islands. 15. Philippines.



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Offsite Backup Cloud Hosting Virtual Servers	Document Management Solution
Website Hosting Cpanel	POS Solution

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PAPUA NEW GUINEA VISITOR GUIDE

Out and about

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

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).



Port Moresby from the air ... new shops, hotels and restaurants are springing up at a rapid rate.

PICTURE: MILEN STILYANOV

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 24x7 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

PORT MORESBY

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

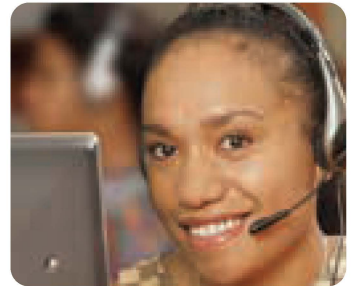
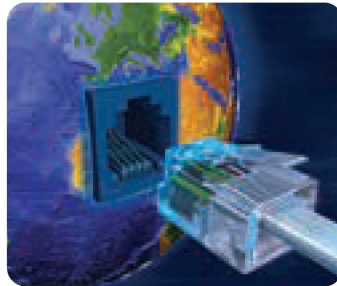
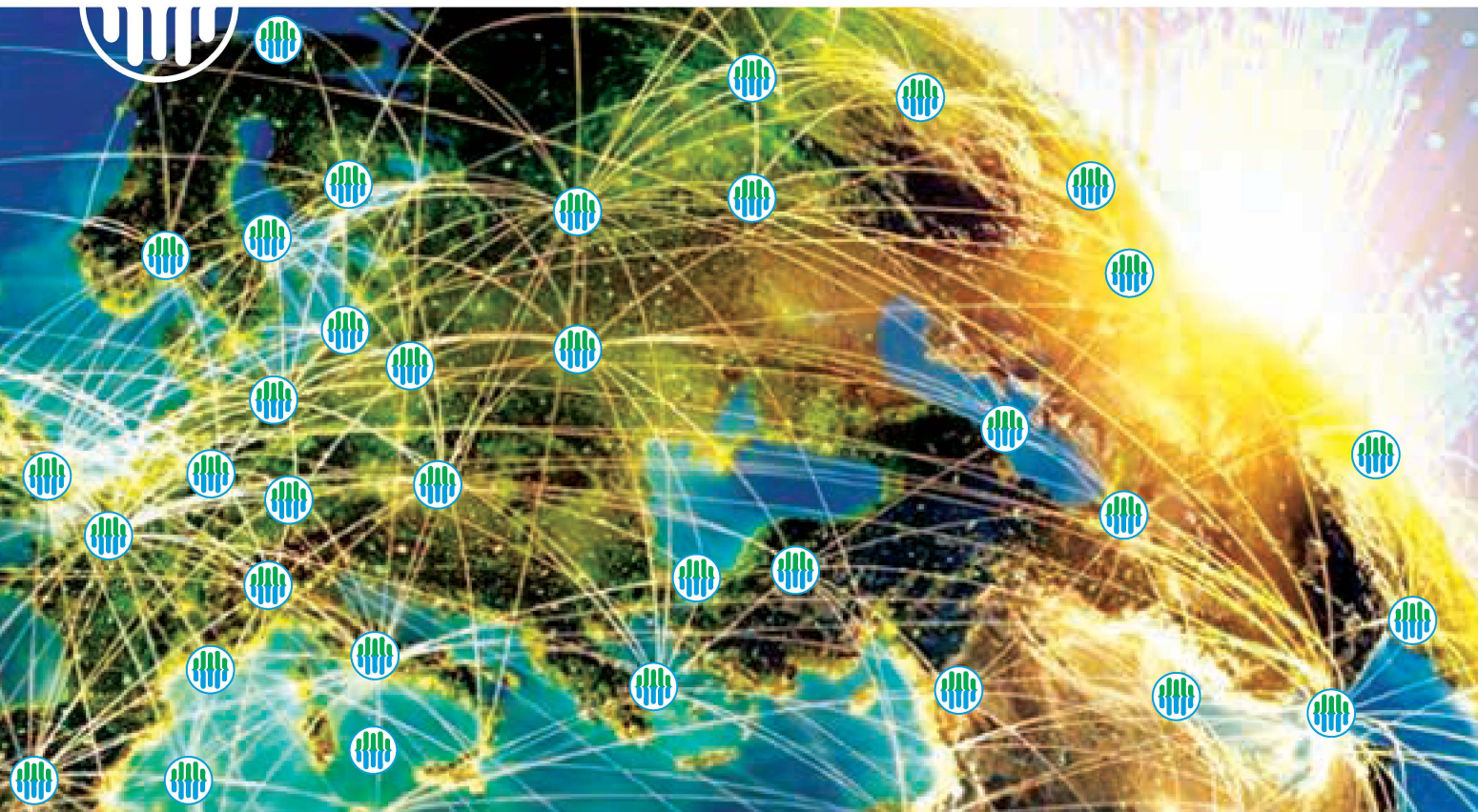
Asia Aromas: Offering Chinese and Thai food by the water at Harbourside, this eatery has consistently good reviews on social media. Outdoor seating is available. A good spot for sunset drinks. Tel. +675 321 4780.

Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and ➤

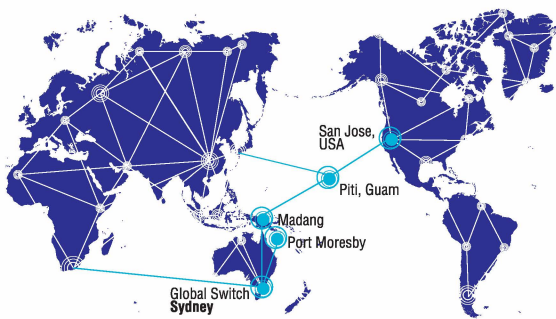




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salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See facebook.com/pages/Aviat-Club/141553252563094.

Bel Cibo: A casual and affordable family style restaurant serving Italian-American at Vision City. See belcibopng.com.

Cafe on the Edge: There are good hamburgers here and breakfast options such as eggs benedict, avocado and crispy bacon. Located under the residential buildings at Harbour City, behind the ANZ and BSP banks. See facebook.com/edgebythesea/.

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.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the Stop n Shop shopping centre in Harbour City, chefs will whip up your meal at your table. See daikokupng.com.

Duffy Cafe: Known for excellent coffee and homemade cafe-style food and bakery items, Duffy has three locations – at Harbourside, Gordons and Jacksons International Airport. See duffypng.com.

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

[Dynasty-Restaurant-Vision-City/148278471918956](https://facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956).

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.

Fusion: This is one of the city's busiest restaurants. It's a fusion of flavours from China, Thailand and Vietnam. Takeaway available. There's also a sister restaurant, Fusion 2, in the far corner of the ANZ Bank Compound in Waigani. Tel. +675 7196 6666.

Gateway Hotel: The hotel's dining options include Jackson's Gaming—Restaurant—Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town. Sizzler's Family Restaurant offers value dining, while Enzo's Express does quick lunches, coffee and pizza. The hotel's Departure Bar, next to the hotel lobby, is a comfortable and air-conditioned space to while away some transit hours in between flights. See coralseahotels.com.pg.

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

Hosi Ramen: As the name suggests, this Japanese restaurant at Vision City specialises in



Fresh-baked ... the popular Duffy Cafe has three stores in Port Moresby.

PICTURE: SUPPLIED BY DUFFY CAFE

ramen (noodles served in broth with meat and vegetables). See facebook.com/pages/Hosi-Ramen/565779996932557.

Korean Garden: An affordable menu at Vision City that includes a do-it-yourself barbecue, as well as traditional favourites such as kimchi and gimhap. See facebook.com/pages/Korean-Garden/595454767289525.

Lamana Hotel: You're spoilt for choice here with Spices (Indian), the Italian Restaurant, Rio's at the Temple (Brazilian), Cafe Palazzo, Lanes Ten Pin Bowling, and PNG's biggest nightclub, The Gold Club. See lamanahotel.com.pg.

Magi Seafood Restaurant: A local secret on Spring Garden Road (same side as SP Brewery) with excellent Asian food, but specifically the best mud crab in town, which needs to be ordered 24 hours in advance. Tel. +675 323 3918.

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

Naked Fish: A seafood and steak restaurant at Harbourside. Great spot for sunsets and the water views. Tel. +675 320 2293.

Royal Papua Yacht Club:

Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan bar area showing sport on large screens. See rpyc.com.pg.

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

Sogno: This is a traditional Italian restaurant with pastas, risottos and pizzas served out of a stone oven at Harbourside. Tel. +675 320 0001.

Stanley Hotel and Suites: This 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 dining, including buffet dinners with live cooking stations. See thestanleypng.com.

Tandoor on the Harbour:

Come here for a curry with great bay views. See facebook.com/tandoorontheharbour.

Tasty Bites: This Indian restaurant is tucked away in the town centre in Hunter Street near Crowne



Plaza. Bookings recommended. Tel. +675 321 2222.

Vision City: PNG's first major shopping mall houses an increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs. See visioncity.com.pg.

LAE

Bunga Raya: This local favourite, serving Malaysian-style Chinese, is located next door to the Lae Golf Club. Be sure to try the stuffed lettuce cups, laksa and claypot tofu. Tel. +675 472 7177.

Chigi's Cafe: This delightful place inside the temporary Brian Bell store near the Lae main markets serves good coffee, milkshakes, sandwiches, cakes and salads. Tel. +675 7217 1966.

Golden Aviat: A good option for Chinese, located on Huon Road in Eriku. Open for lunch and dinner, and yum cha on Sundays. Tel. +675 472 0486.

Huon Club: This private members' club offers air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel to preview all the racing and sporting events. Tel. +675 7347 1058.

Lae Golf Club: The club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

Lae International Hotel: Home to three restaurants – Lulua's Italian Pizza, Vanda and Kokomo – which serve an array of international cuisine, including Indian and

seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See laeinterhotel.com. Tel. +675 472 7000.

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, ➤



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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 grandpapaahotel.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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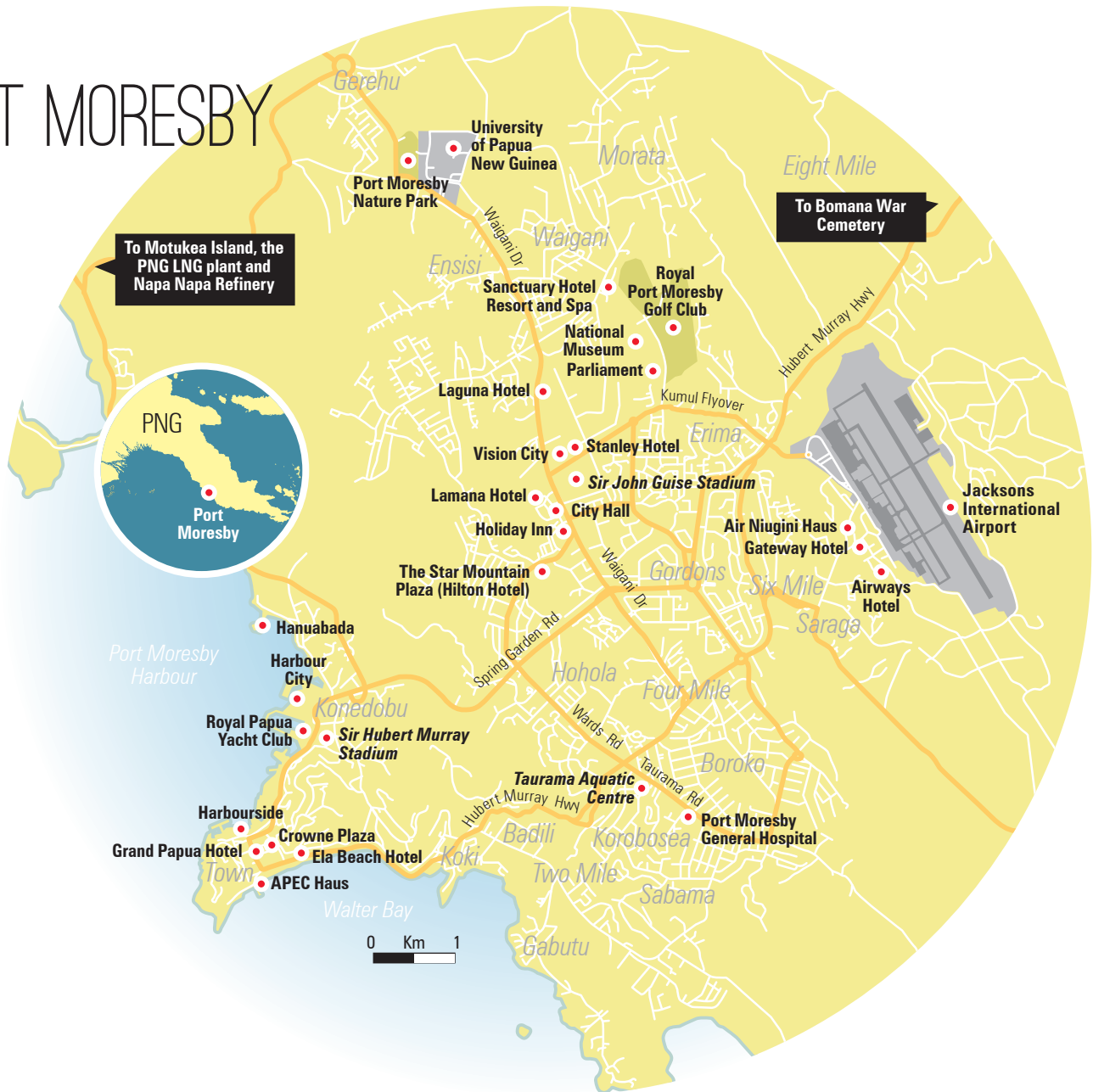
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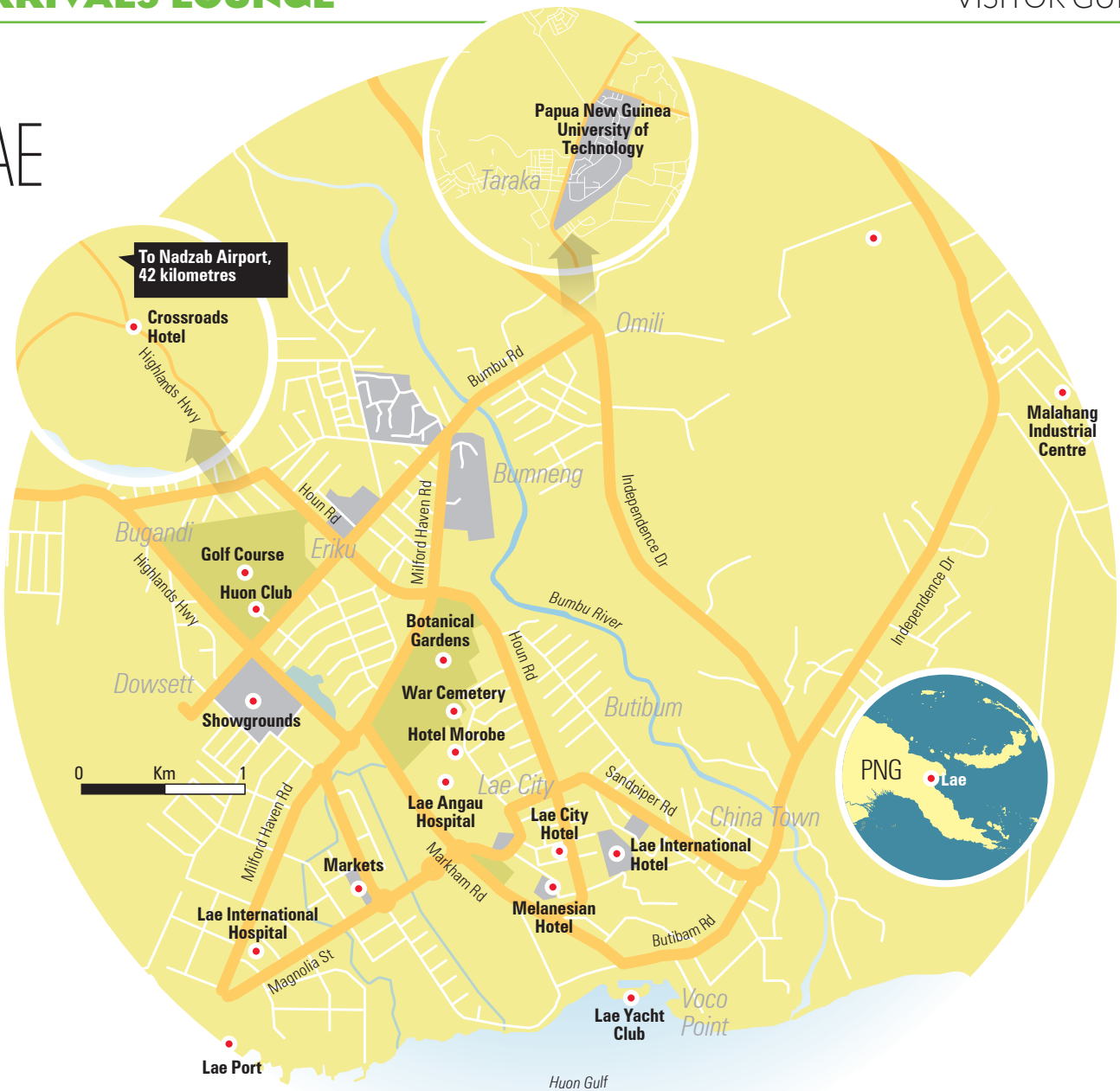
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TWO-MINUTE GUIDE TO TOK PISIN WORDS/PHRASES

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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LAKE.....472 1144
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MT HAGEN.....542 1933

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Welcome aboard

Enjoy our Bird of Paradise in-flight service

Please ask us

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

Hand luggage

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

Takeoff and landing

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

Safety first

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

Electronic equipment

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

Children and babies

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

Smoking

Smoking is not permitted on any Air Niugini flight.

Entertainment

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

Pillows and blankets

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

Cuisine

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

In-flight Duty Free

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

Immigration and Customs Forms

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

Before you leave

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



Air Niugini fleet



B767-300ER - Boeing

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

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



F70 - Fokker

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

Normal altitude: 11000m
Standard seating capacity: 76
Business class: 6
Economy class: 70
Number of aircraft in fleet: 5



B737-800 - Boeing

Length: 39.5m
Wing span: 35.79m
Range: 8100km
Cruising speed: 857kph
Power plant: 2 x CFM56 - 7B26

Normal altitude: 11300m
Standard seating capacity: 144
Business class: 16
Economy class: 128
Number of aircraft in fleet: 2



DASH 8-Q315 - Bombardier

Length: 25.7m
Wing span: 24.4m
Range: 1700km
Cruising speed: 510kph

Power plant: 2 x Pratt & Whitney PW123E
Normal altitude: 7500m
Standard seating capacity: 50
Number of aircraft in fleet: 3



B737-700 - Boeing

Length: 33.6m
Wing span: 35.79m
Range: 6370km
Cruising speed: 830kph
Power plant: 2 x CFM56 - 7B22

Normal altitude: 11300m
Standard seating capacity: 116
Business class: 12
Economy class: 104
Number of aircraft in fleet: 1



DHC-8-202 - Bombardier

Length: 22.25m
Wing span: 25.89m
Range: 1800km
Cruising speed: 550kph

Power plant: 2 x Pratt & Whitney PW123D
Normal altitude: 7600m
Standard seating capacity: 36
Number of aircraft in fleet: 2



F100 - Fokker

Length: 35.528m
Wing span: 28.076m
Range: 3000km
Cruising speed: 780kph
Power plant: 2 x Rolls Royce Tay 650

Normal altitude: 11000m
Standard seating capacity: 101
Business class: 8
Economy class: 93
Number of aircraft in fleet: 7



Falcon 900EX - Dassault

Length: 20.21m
Wing span: 19.33m
Range: 4500nm
Cruising speed: 650mph

Power plant: 3 x Honeywell TFE731
Maximum altitude: 51000ft
Standard seating capacity: 12
Number of aircraft in fleet: 1

Inflight entertainment

Movie, TV and music highlights available on Air Niugini flights

MOVIES



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 newfound ally, Diana Prince, to face an even greater enemy.



Blade Runner 2049

Genre: Action, Sci-Fi

Rating: R

Stars: Harrison Ford, Ryan Gosling, Ana de Armas
LAPD Officer K, a new blade runner, unearths a long-buried secret that has the potential to plunge what's left of society into chaos. K's discovery leads him on a quest to find Rick Deckard, a former LAPD blade runner missing for 30 years.



Ferdinand

Genre: Family, Animation

Rating: PG

Stars: John Cena, Kate McKinnon, Bobby Cannavale

As little bull Ferdinand grows big and strong his temperament remains mellow, until one day he is mistakenly chosen as the 'biggest, fastest and roughest bull' for the bullfights in Madrid.



Murder on the Orient Express

Genre: Drama, Mystery

Rating: PG13

Stars: Kenneth Branagh, Penelope Cruz, Willem Dafoe

Renowned detective Hercule Poirot investigates the murder of a wealthy American travelling on the most famous train in the world.



The Shape of Water

Genre: Fantasy, Drama

Rating: R

Stars: Sally Hawkins, Octavia Spencer, Michael Shannon

In the hidden high-security government laboratory where she works, lonely Elisa is trapped in a life of isolation. Elisa's life is changed forever when she and co-worker Zelda discover a secret classified experiment.



Run, Fatboy, Run

Genre: Comedy, Sport

Rating: PG13

Stars: Simon Pegg, Thandie Newton, Hank Azaria

A charming guy leaves his fiancée on their wedding day only to discover years later that he really loves her. To win her back, he must finish a marathon while making her realise that her new fiancé is the wrong guy for her.



Hindi Medium

Genre: Comedy, Drama

Rating: PG

Stars: Ayushmann Khurrana, Bhumi Pednekar
Raj and Mita, a couple living in Chandni Chowk, are determined to have their three-year-old daughter attend an English medium school.



Mubarakan

Genre: Comedy, Romance

Rating: PG13

Stars: Anil Kapoor, Arjun Kapoor, Ileana D'Cruz
Identical twin brothers turn to their eccentric uncle for help to make sure that they each marry the woman they love.



Destiny: The Tale of Kamakura

Genre: Drama, Fantasy

Rating: PG13

Stars: Masato Sakai, Mitsuki Takahata

Mystery writer Masakazu Isshiki lives with his wife, Akiko, in Kamakura, where humans and non-humans live side-by-side in harmony. One morning, Masakazu awakes to find that Akiko has disappeared.



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 the local businessmen and politicians.



Unexpectedly Yours

Genre: Romance, Comedy

Rating: PG

Stars: Sharon Cuneta, Robin Padilla, Julia Barretto

Two former high school friends, Patty and Cocoy, unexpectedly find each other 30 years later, not only as organisers of their high school reunion, but also as new neighbours.



TV



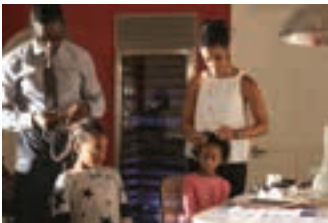
Bones

Genre: Drama, Crime

Episode: S12 E1 - The Hope in the Horror
Rating: PG13

Stars: Emily Deschanel, David Boreanaz, Michaela Conlin

The final chapter of *Bones* picks up where last season's cliffhanger left off – Brennan kidnapped by her former assistant, Zack Addy, as Booth and the rest of the lab desperately search for her.



This Is Us

Genre: Drama, Comedy

Episode: S1 E3 - Kyle
Rating: PG13

Stars: Milo Ventimiglia, Mandy Moore, Sterling K. Brown

Rebecca makes a surprise visit to Randall's home where she encounters his biological father, William. Kevin anxiously decides to take the plunge and move to New York to pursue a Broadway job.



Family Guy

Genre: comedy

Episode: S16 E1 - Emmy-Winning Episode
Rating: PG13

Stars: Seth MacFarlane, Alex Borstein, Seth Green

Tired of not winning an Emmy, Peter embarks on a campaign for *Family Guy* by making the show more like Emmy-winning shows – and no category is off limits.



Young Sheldon

Genre: Comedy

Episode: S1 E3 - Poker, Faith, and Eggs
Rating: PG

Stars: Iain Armitage, Zoe Perry, Lance Barber
When George Senior is rushed to the emergency room, Meemaw comes to babysit; the kids have an adventure getting to the hospital on their own.



Fresh off the Boat

Genre: Comedy

Episode: S4 E1 - B as in Best Friends
Rating: PG

Stars: Randall Park, Constance Wu, Hudson Yang
Still homeless, the Huangs move in with Honey and Marvin. Jessica's dreams come true when she gets a chance to compete on *Wheel of Fortune*.



Queen of the South

Genre: Drama

Episode: S1 E1 - Pilot
Rating: PG13

Stars: Alice Braga, Veronica Falcón, Peter Gadiot
When the Mexican drug cartel comes after Teresa Mendoza with a vengeance, she is forced to run and do whatever it takes to survive.



Be Cool Scooby-Doo!

Genre: Family, Animation

Episode: S1 E22 - Giant Problems
Rating: G

Daphne brings the gang to Ireland to visit an ancient Blake family castle. As the gang becomes enchanted by the magical Emerald Isle, an angry giant comes on the scene.



Desert Lions

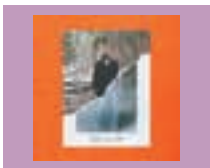
Genre: Documentary, Lifestyle

Rating: PG

Stars: various

Nxai Pan may be hell on earth for some, but it's a land of opportunity for the Desert Kings and their Megapride. Drought, devastating heat, desperate thirst and discord draw their prey straight into their strategically positioned hunting ground.

MUSIC



Justin Timberlake Man of the Woods

Genre: Pop Rating: PG

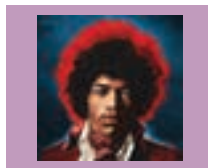
Pop superstar Justin Timberlake is back with his highly anticipated new album featuring the chart topping single *Filthy*.



MGMT Little Dark Age

Genre: Pop Rating: R

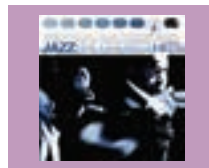
The fourth album by the American rock band contains the hit song *Little Dark Age*.



Jimi Hendrix Both Sides of the Sky

Genre: Golden Hits Rating: PG

This special album presents 13 Jimi Hendrix studio recordings, including 10 that have never before been released.



Various artists Jazz – the Greatest Hits

Genre: Jazz Rating: G

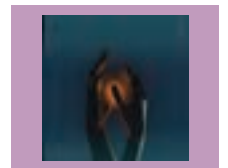
Enjoy these tunes from jazz greats.



Celine Dion The Very Best Of

Genre: Golden Hits Rating: PG

Enjoy the soaring vocals of Celine Dion.



Lo Moon Lo Moon

Genre: Pop Rating: PG

Cinematic '80s-pop vibes flood the LA band's debut.

Your health inflight

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

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

Blood Circulation / Muscle Relaxation

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

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

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

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

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

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

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

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

Recommendations

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

Jetlag

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

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

Recommendations

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



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

Cabin Humidity / Dehydration

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

Recommendations

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

Eating and Drinking

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

Recommendations

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

Cabin Pressurisation

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

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

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

Recommendations

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

Motion Sickness

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

Recommendations

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



Air Niugini Domestic offices

Port Moresby

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Arrival & Departure Information
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Cargo Enquiries
Tel: 327 3243
Cargo Charter Enquiries
Tel: 327 3226 Fax: 327 3370
Head Office
Airport & Administration
Jacksons Airport Sataga
Tel: 327 3366/325 9000

Ajotau

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Tel: 641 8158
Administration & Reservations
Tel: 641 1081 Fax: 641 1636

Buka

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Buka Sales
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Airport
Tel: 973 9082

Daru

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

Goroka

PO Box 983 Goroka
Reservations
Tel: 732 1444 Fax: 732 1439

Kavieng

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

Kieta

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Autonomous Region of
Bougainville
Tel: 925 1833

Kimbe-Hoskins

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Reservations & Cargo
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Arrival & Departure Information
Tel: 983 0012

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Western Province
Tel: 649 1422

Kundawa

PO Box 847 Kundawa
Tel: 735 1278



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International Reservations
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Lihir

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Reservations & Cargo
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Administration & Reservations
Tel: 852 2205 Fax: 852 2079

Mendi

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Airport Traffic
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Mt Hagen

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Reservations International
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Reservations
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Airport
Tel: 329 7191

Rabaul

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Information
Tel: 963 9821

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Tel: 540 8023

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Tel: 547 1286

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Australia Tel: (61 7) 3221 1544
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Tel: (677) 25 210

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Walshes World
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Cebu, Philippines

Destinations Specialists
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Fax: (6332) 231 0852
Email: marget@destinationscebu.com

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TARAWA

TUVALU

APIA

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NADI

NOUMÉA

AUCKLAND

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Fax: (62) 21 835 3937

Kuala Lumpur

Abadi Aviation Services
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Fax: (603) 2141 2322
Email: pxkul@abadi.com.my

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Email: s-asaba@axxesstravel.net

Pohnpei

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Tel (691) 320- 5888 Fax (691) 320 5889
Email: hotravel@mail.fm /
hotravel@outlook.com

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Fax: (67) 823 3583

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Sharp Inc
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Fax: (82) 2734 7108

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Singapore 199555

Sri Lanka

Jetwing Air
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Email: airniugini@jetwing.lk

Suva, Fiji

Discount Flight Centre
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Fax: (679) 331 7873
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Sabrina Building

Victoria Parade
Suva, Fiji

Taipei

Cha May Travel Service
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Fax: (88) 6 2500 7970

Tokyo

Alconet Corporation
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Fax: (81) 3 5733-2568
Email: yogi@alconet.jp

United Kingdom

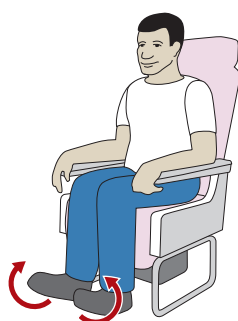
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Your wellbeing



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.



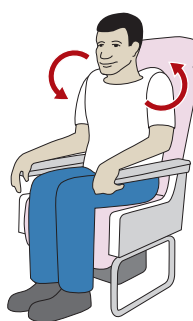
ANKLE CIRCLES

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.



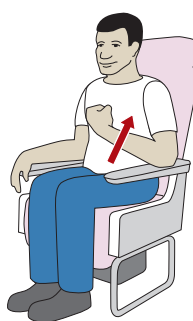
KNEE LIFTS

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.



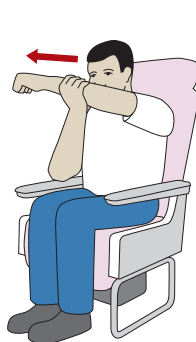
FORWARD FLEX

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.



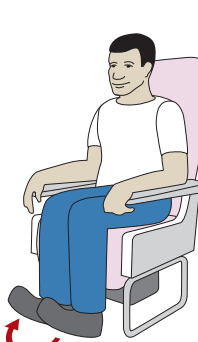
SHOULDER STRETCH

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.



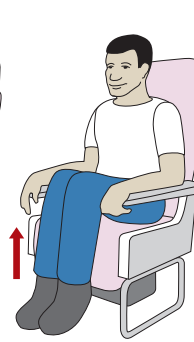
FOOT PUMPS

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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