

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 6 NOVEMBER - DECEMBER 2017



PARADISE

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PNG kicking goals in rugby league & AFL



IDYLIC MADANG

Barefoot adventures on the north coast

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IN PARADISE

CONTENTS

AIRLINE NEWS

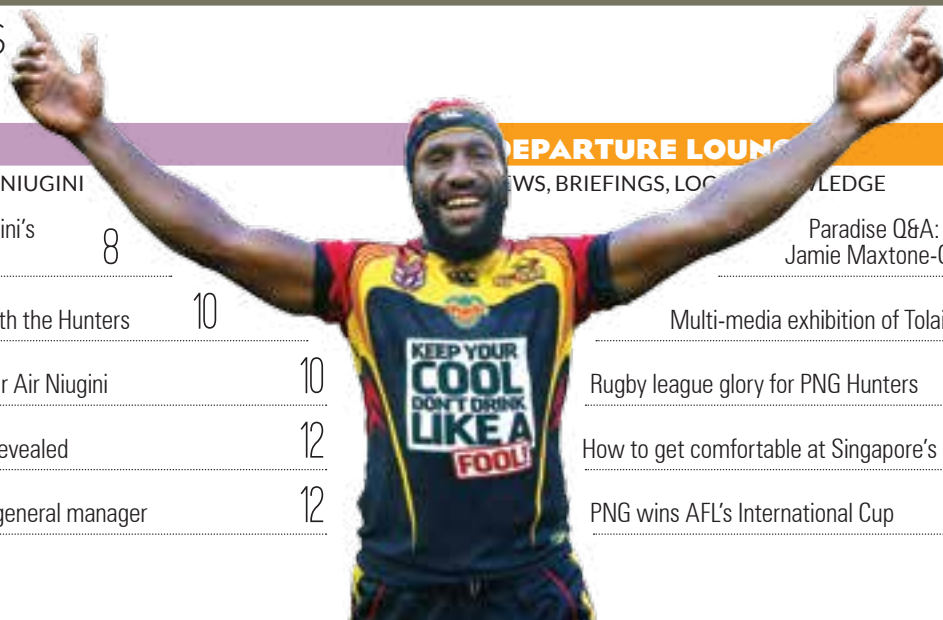
THE LATEST FROM AIR NIUGINI

A message from Air Niugini's chairman	8
A winning partnership with the Hunters	10
New operating system for Air Niugini	10
Benefits of aviation hub revealed	12
Air Niugini's first female general manager	12

DEPARTURE LOUNGE

NEWS, BRIEFINGS, LOCAL KNOWLEDGE

Paradise Q&A: My healthy ways, Jamie Maxtone-Graham	14
Multi-media exhibition of Tolai people	15
Rugby league glory for PNG Hunters	16
How to get comfortable at Singapore's Changi Airport	18
PNG wins AFL's International Cup	20



TRAVELLER

OUR COUNTRY, OUR REGION, OUR WORLD



Idyllic Madang
Barefoot adventures on the north coast

22



A yen for snow
A ski trip to Japan with fluffy powder and hot springs

52



City guide
Everything you need to know about Singapore

56

Behind the mask Four days of festivities in Kokopo	34
--	----

Castaway pleasure Deserted beaches, lobster and other indulgences in the Solomon Islands	42
--	----

Aussie beach getaway A funky boutique hotel on the NSW coast	50
--	----

Surfing mecca Five-star surf and stay in Bali	64
---	----

Street cred Sydney's fashionable Kensington Street	74
--	----

Review Rabaul Hotel	76
-------------------------------	----

Three of a Kind Waterfront restaurants	77
--	----

Time Traveller	78
-----------------------	----



LIVING

LIFESTYLE, CULTURE, SPORT, ENTERTAINMENT



Culture Warrior
Anthropologist and explorer Wade Davis

80

A piece of PNG
Garamut drums

90

Passion play
How rugby league became a national obsession

92



Rag Tag fleet
The small boats that fought the Pacific war

94

Review
Bougainville's best pizza?

99

Spotted In
A PNG hotelier in Germany

102



Look good, feel good
Wellness and beauty

104



Bilums with a twist
The colourful creations of Florence Jaukae Kamel

86

In the bag
Bilums catching on as a world-wide fashion accessory

88

Gadgets and travel accessories

106

Movie previews

108

Book previews

110

STRICTLY BUSINESS

PEOPLE, COMPANIES, INDUSTRIES



Gathering of PNG's business elite
Sydney conference showcases PNG as an investment destination

112

Q&A: Boto Gaupo
A vision for the cocoa industry

116

Human resources
A special report

118

What's PNG looking at on the internet?
The top sites and brands revealed

122

BRAIN GYM

QUIZ, PUZZLES, CROSSWORD

Crosswords, puzzles

124

Quiz: How well do you know the region?

125

Solutions

126

ARRIVALS LOUNGE

PNG VISITOR GUIDE

Advice, where to eat, hotels

128

Two-minute guide to Tok Pisin

134

Port Moresby street map

135

Lae street map

136

AIR NIUGINI PASSENGER INFORMATION

138

In-flight entertainment highlights

140

Cover photo: The PNG Hunters are cock-a-hoop at winning the Queensland Rugby League premiership. See our wrap of the game on page 16. PICTURE: QRL MEDIA



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



In this issue of *Paradise*, Air Niugini is proud to highlight the wonderful achievements of the SP PNG Hunters during the 2017 Intrust Cup – culminating in the Hunters winning the Queensland Rugby League (QRL) premiership for the first time.

Air Niugini is the official airline carrier for the Hunters, and a major sponsor of the team and the Papua New Guinea Rugby League (PNGRL).

The board, management and staff of Air Niugini value our association with the Hunters, and rugby league, our national sport. It forms a key part of our extensive sponsorship program for sport, and community and charitable organisations, across the nation.

Every time the Hunters travel to Queensland to compete in the Intrust Cup, they travel with Air Niugini – to Brisbane and Cairns, and now Townsville.

Our ground and in-flight team regularly comment how much they enjoy meeting the travel needs of the Hunters – and of course transporting the team back to Port Moresby with the Intrust Cup recently.

They never complain – even when they occasionally are beaten – and take great care to greet fellow passengers, sign autographs, and take part in ‘selfie’ photos with fans.

As the prime minister and other leaders have commented, the Hunters are a source of great pride, not just for rugby league, but also for all the people of PNG.

They are also outstanding ambassadors for PNG in Queensland, and throughout the rugby league world.

In the four years the Hunters have participated in the Intrust Cup, the team has been highly competitive, and has established a substantial fan base in Queensland.

Now that it has won the premiership, the fan base in Queensland will grow, and it will also see the team’s support within PNG expand – if that is possible!

When the Hunters defend the premiership in 2018, Air Niugini, as a major sponsor, will be working with the PNG Rugby League to promote the team’s home-and-away matches. This will include air travel and accommodation packages.

At the time of writing, the next important period in the 2017 rugby league season for PNG is upon us.

The Kumuls national squad to compete in the World Cup has been chosen – and it includes many of the premiership-winning Hunters team.

Air Niugini is privileged to be the official carrier for the Kumuls, and we also support our national team through our sponsorship of the PNG Rugby League.

We wish the Kumuls well – and hope the team will build on the wonderful success of the Hunters.

The assurance I give all our passengers, and the teams and organisations we are pleased to sponsor, is that our support will continue in the future as part of our commitment to the nation and people we serve as the national flag carrier.

I am sure you will enjoy the special cover and the pictorial coverage *Paradise* is giving the Hunters – and I thank the Queensland Rugby League for its co-operation that has enabled us to do so.

This will be the last issue of our in-flight magazine before Christmas.

It is hard to believe that it is 12 months since I last penned Christmas greetings to you, our valued passengers, to our commercial partners, and to all our employees.

The year has been a very busy and challenging one for Air Niugini. I am proud of the progress we have made, including the introduction of the Fokker 70 aircraft into our fleet, new services to the Federated States of Micronesia and Townsville, and the implementation of the Sabre Airline Solution passenger service system, which significantly upgrades our online services for passengers.

The progress we have achieved would not have been possible without the loyalty, enthusiasm and commitment of all our employees – from our captains and first officers, to our cabin crew, and all our ground staff.

The board, our chief executive officer Simon Foo, his management team, and all the staff of Air Niugini wish you, and your families, a happy and safe Christmas.



Sir Frederick Reiher, KCMG, KBE
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A winning partnership

Air New Guinea congratulates the PNG SP Hunters on their recent premiership win in the Queensland Rugby League (QRL).

The Hunters won the Intrust Super Cup in a nail-biting 12–10 victory over Sunshine Coast.

Air Niugini has been supporting the PNG SP Hunters with discounted domestic and international air travel since the team joined the QRL four years ago.

To ensure Papua New Guineans could see their favorite team play in the final, Air Niugini operated two extra flights from Port Moresby to Brisbane. One of the flights was subsidised by the NCD Governor. ■

For more photos and details about the big win, turn to our story on page 16.



Cup in hand ... Air Niugini general manager commercial, Dominic Kaumu (left), and executive manager flight operations, captain Samiu Taufa (right), with the PNG Hunters and the Intrust Super Cup.

New operating system for Air Niugini

Air Niugini has switched to a new and improved passenger services system (PSS). The 'SabreSonic' system manages different parts of an airline's business, including bookings, schedules, fares and passenger check-in.

The changeover to the system started early on September 30 and was completed 18 hours later.

Staff at Air Niugini and Sabre Airline Solutions worked around the clock to achieve the transition.

Air Niugini's chief executive officer, Simon Foo, says the changeover was an outstanding operation, involving many airline staff who put in extra time and effort to ensure the successful outcome.

"To have achieved a cutover of this nature, with minimal disruption to our operations, is a result of excellent teamwork and co-operation between our service providers, Air Niugini staff and Sabre Airline Solutions."

Air Niugini has partnered with Sabre to introduce this leading PSS to enhance customer experience. ■



Ground control ... Air Niugini management, including chief executive officer Simon Foo (centre), and Sabre Airline Solutions staff who witnessed the change to the new operating system.

Games committee on board

The Papua New Guinea Games organising committee recently opened a Universal Airlines Travel Plan (UATP) account with Air Niugini.

PNG Games executive, John Susuve, says the account, which provides access to discounted airfares, is to cover the committee's travel to Kimbe, in West New Britain, to ensure games readiness.

Athletes from 22 provinces will converge on Kimbe for the games scheduled from November 10 to December 1.

Air Niugini's national corporate sales manager, Charlie Wanma, says the airline is no stranger to carrying athletes. He says Air Niugini is the official carrier of the Pacific Games and will also ensure smooth passage for officials and athletes to and from Kimbe for the PNG Games. ■





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Benefits of airport hub



Sir Fredrick Reiher ... says Jacksons International Airport has had a large increase in passengers connecting between Pacific nations, Asia and Australia.

Air Niugini's chairman, Sir Frederick Reiher, has told a conference of Papua New Guinea's business leaders that the development of Port Moresby's Jacksons International Airport into a regional aviation hub will bring many benefits. Speaking at the Business Advantage Papua New Guinea Investment Conference, in Sydney, Australia, he said that the National Government has spent about PGK745 million on the airport's redevelopment, including modernisation of terminals.

“

Our goal is to establish Port Moresby as a regional hub for air travellers.

”

Air Niugini is embracing the opportunity this redevelopment has facilitated, he said, by opening new routes, as well as undertaking a major re-fleeting program that is delivering more comfortable and efficient aircraft.

“Our goal is to establish Port Moresby as a regional hub for air travellers connecting Australia with Asia, and Asia with Oceania, as well as meeting the intra-Pacific needs of countries in Micronesia and Melanesia.”

Sir Fredrick said the benefits of the project will flow beyond Air Niugini. He said

government revenue will be boosted through arrival and departure taxes, as well as consumer spending by passengers.

“We have competition on a number of our international routes – notably Brisbane and Sydney and Manila. Our challenge is to maximise our passenger numbers by the quality of our service, and the opportunities we offer to connect efficiently to, and beyond, key cities such as Singapore, Hong Kong, Brisbane and Sydney.”

Next March, Air Niugini will start flights from PNG to Shanghai, China, to further enhance the hub. “While our hub project targets major airports, it will also provide links to the island nations of Melanesia, and increasingly Micronesia,” Sir Frederick said.

“In addition to the established flights to Honiara (Solomon Islands), Port Vila (Vanuatu) and Nadi (Fiji), we now have regular services between Port Moresby and Pohnpei and Chuuk in the Federated States of Micronesia, and we are exploring opportunities in the Republic of Kiribati and Marshall Islands.

“Earlier this year we established twice-weekly services to Townsville, in addition to daily flights to Cairns,” he said.

“The development of the Port Moresby hub remains a work in progress, however already we are seeing a large increase in the number of passengers connecting between Pacific islands and Asia, and between Queensland, Asia and Pacific islands.” ■

For more news from the investment conference, see our story starting on page 112.

Airline's first female GM

Air Niugini has appointed its first female general manager. Bonai Wala has taken up the position of GM in properties and facilities, one of the airline's new subsidiaries.

She has worked with Air Niugini for 24 years in several capacities, including finance and human resources. She was the human resources manager prior to this appointment.

Air Niugini chief executive officer, Simon Foo, says the appointment is based on merit, not gender. He added that Air Niugini continues to promote gender equality in the workplace. The airline has a number of females in top positions, including department managers.

The property and facilities subsidiary manages Air Niugini's property assets. ■



Top job ... Bonai Wala with Air Niugini chief executive officer, Simon Foo (left), and chairman, Sir Frederick Reiher (right).

Work wear

Air Niugini airport staff were the focus of attention recently when they came to work in traditional dress for Papua New Guinea's Independence Day celebrations. Many of the staffers wore traditional attire from their own provinces. ■





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PARADISE Q&A

JAMIE MAXTONE- GRAHAM

This former PNG health minister lost 65 kilograms and has become an advocate for good health. He now runs a wellness lodge in Port Moresby.

Q: You are a self-described health fanatic. What set you on this path?

A: I was rushed to hospital (in 2006), where doctors told me I had blocked arteries and needed an emergency bypass operation. I was facing death – in a hospital bed on a drip, wired to the angiogram machine. The doctor told me my arteries were 85 per cent blocked. I was 165 kilograms.

Q: But you refused the surgery?

A: I refused the bypass surgery after a friend died of a heart attack three years after his own bypass. I bought health books on reversing blocked arteries without surgery – using diet, exercise and supplements only. I invested in a juicer. After 12 months, I lost 65 kilograms. My health improved, my blocked arteries became unblocked. I felt really good; I had more energy; I was so happy.

Q: How do you stay healthy?

A: I watch my diet. I do regular fasting and detox. I maintain my fitness by playing touch footy, swimming, boxing and gym workouts. I follow a set program combined with intermittent fasting on ketogenic food.

Q: What are PNG's key health issues?

A: Epidemiology statistics show deaths by non-communicable diseases have overtaken communicable diseases in our cities and towns. Diabetes, for example, is climbing exponentially. Diabetes is a slow degenerative disease, which brings with it a whole range of illnesses – heart disease, hypertension, cancer and arthritis – and



can lead to kidney failure, stroke or the need for amputation.

Q: What advice would you give to Papua New Guineans?

A: Many people tend to pursue wealth while ignoring their health. But prevention is better than cure. Eat fruits, vegetables and fish. Drink lots of water. Exercise every day. Avoid stress. Be happy.

Q: Tell us a bit about your wellness lodge.

A: We have a health clinic for screening clients' health status and we provide detox programs for weight loss and diabetes (see the Wellness Lodge Facebook page for contact details). We have helped corporate executives, politicians, national court judges, public servants, and ordinary Papua New

Guineans. We have 62 backpacker rooms, 26 deluxe rooms, four executive rooms, and three restaurants. The Wellness Restaurant serves international food; Village Kitchen serves only local PNG cuisine; and Village Cafe serves healthy salads, fresh juices, smoothies and coffee.

Q. How do you define PNG food?

A. Local garden foods such as sweet potato, taro, yam, banana, tapioca, sago and – of course – fish, chicken, beef, pork, deer, and *magani*. Our delicacies are *mumu* pork, smoked fish cooked in coconut cream, with lots of fresh greens. Many Papua New Guineans who have tried our dishes (at the Wellness Lodge) love them. ■

— GRACE MARIBU



Sonia Payes ... the photographer in PNG (inset) and one her works that slant towards 'adventure and fantasy'.



PNG IN THE FRAME

One of the greatest attractions in Papua New Guinea is scuba diving. The options range from barrier reefs, to coral gardens, to secluded atolls. Visual artist and photographer Sonia Payes has done many diving excursions in PNG, which led to her becoming fascinated with the country's landscape.

"Scuba diving is my favourite recreational sport," the Australian says. "There, I am in another world by simply immersing myself into the deep unknown, with the only sound of my breathing ..."

"I then travelled extensively in the rugged geography of great swathes of Papua New Guinea. A part of my fascination is inevitably cultural – the vibrant customs and colours of local tribes, the often mysterious food and liquor experiences. It's a journey of discovery on every level."

Payes says she has an ongoing artistic interest in the themes of rebirth and transformation. "I have now taken these Papua New Guinea landscapes and combined them in a travelling exhibition of my work on PNG called *Terra Mystera*."

Payes says she is especially attracted to the distinctive quality of the PNG light. "The colour in the PNG landscape is extremely intense. As an artist my vision slants towards the dark and other-worldly side and one of adventure and fantasy."

Payes is looking to have her photographs presented in PNG. "I would like to think that my work might be exhibited in the fabulous New Guinea parliament house or the spectacular Haus APEC building currently nearing completion," she says. ■

See soniapayes.com.au.

— DAVID JAMES

Tolai history and heritage

A multi-media exhibition showcasing 100 years of history and culture of the Tolai people of East New Britain has opened at the Melbourne Museum, in Australia.

After a successful showing at the Queensland Art Gallery in Brisbane last year, the exhibition, called *a Bit na Ta*, has been taken to Melbourne by Lisa Hilli, artist and collection manager at Museums Victoria – herself a Tolai person.

"It shows the history of significant impacts on the Tolai people from 1875–1975 from a Tolai perspective," she tells *Paradise*.

Those impacts include first contact with missionaries, three massive volcanic eruptions, the rise of the local self-governance movement – the Mataungan Association – and colonialism.

The exhibition's title, *a Bit na Ta*, means 'source of the sea' and the exhibition's soundtrack balances studio and field recordings, traditional and new works performed by solo artists, choirs and string bands. Among the musicians is the celebrated George Telek from Kokopo.

Australian musician and producer David Bridie, from Wantok Musik, has spearheaded the project. ■

The *a Bit na Ta* exhibition is on at the Bunjilaka (First People's) Gallery at the Melbourne Museum until February 4. See museumsvictoria.com.au/melbournemuseum/.

— KEVIN McQUILLAN



In profile ... the Tolai are the subject of an exhibition showing in Australia.

NUMBER CRUNCH

96% That's the percentage of Papua New Guineans who identify themselves as Christian. The most dominant Christian religion is Catholic (27 per cent), followed by Lutheran (19.5 per cent).





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PICTURES: QRL MEDIA



Pure joy ... the PNG Hunters fired up for their first QRL premiership, encouraged by a strong pro-PNG crowd at Brisbane's Suncorp Stadium.

The PNG Hunters have claimed a piece of sporting history, winning the Queensland Rugby League's Intrust Super Cup premiership 12–10.

It was the first premiership for the team, after just four seasons in the competition.

Ase Boas was the hero for the PNG Hunters, kicking the winning conversion in the hard-fought win against Sunshine Coast at Brisbane's Suncorp Stadium in late September.

The match was a scrappy affair, but the errors meant the game was close right to the end, giving the Hunters the chance to strike late. The scores were tied up with just over a minute to play when big Willie Minoga showed true determination to touch down on a Boas grubber in goal, sending the mostly pro-PNG crowd into raptures.

The try was sent to the video referee who confirmed the decision – sending the crowd into cheers once again.

Minoga said he was “really emotional” about the win and that the victory was history for his team.

“

Willie Minoga showed true determination to touch down, sending the mostly pro-PNG crowd into raptures.

”

A proud PNG Hunters coach, Michael Marum, told QRL Media that he was already thinking about playing extra time after Minoga scored the try to level the game – just in case the conversion attempt from Boas failed.

The game started badly for the Hunters, with Sunshine Coast racing to a 10–0 lead after seven minutes. It took the Hunters until the 41st minute to hit back on the scoreboard.

ALL THE DETAILS

PNG Hunters 12 (Watson Boas, Willie Minoga tries; Ase Boas 2 goals) d Sunshine Coast Falcons 10 (Matthew Soper-Lawler, Joe Stimson tries; Joe Stimson goal).


Duncan Hall medallist (man of the match): Ase Boas (PNG Hunters).

Crowd: 11,260 (record)

The game was characterised by tough defence, with both teams putting bodies on the line.

After the victory, the Hunters were welcomed back to Port Moresby as heroes. Fire trucks hosed down the Air Niugini plane that they arrived on (Air Niugini is one of the team's sponsors), followed by a motorcade through the city. ■

Rugby league, a national obsession, page 92.





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COMFORT TIPS FOR CHANGI AIRPORT

Singapore's Changi Airport, where Air Niugini flies five times a week, is one of the world's best when it comes to relaxation facilities, thanks to terminals filled with a range of spas, massage chairs, two airport hotels, a swimming pool, gyms and unique Snooze Lounges offering recliners similar to those in first and business class airline cabins.

Pay-per-use lounges found in each of Changi's terminals are ideal if you don't qualify for a business class airline lounge.

The Ambassador Transit Lounge, for example, in T2 has a shower, lounge, food and a bar with drinks included in the price, and gym. Entry to the Ambassador Transit Lounge costs \$58 for five hours per adult.

If you want some fresh air, sunlight and a bit of exercise, Changi has a rooftop swimming pool as well as a jacuzzi in T1. This costs



Airport luxuries ... the swimming pool and a relaxing lounge area at Singapore's Changi Airport.

\$S17 for the use of the pool, reading area with books, showers and a range of non-alcoholic drinks. T1 and T2 also have 24-hour gymnasiums.

For those who want something a tad more relaxing, there are eight massage and spa salons inside Changi with the latest addition being the Heaven on Earth in T2. Or, if you're after a complete retreat, check

into either Aerotel Transit Hotel in T1 or the Ambassador Transit Hotel in T2 and T3, which has bedrooms with televisions in rooms overlooking the airport, and even a wake-up call service. ■

If you're travelling to Singapore, don't miss our city guide starting on page 56.

— BRONWEN GORA

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PICTURES: AFL MEDIA

Mosquitoes buzzing after footy win

Papua New Guinea's Mosquitoes AFL team has won the AFL International Cup, played at the MCG in Melbourne, Australia, with a thrilling one-point victory over New Zealand.

The Mosquitoes are the first team in AFL International Cup men's competition to win back-to-back titles.

NZ pushed hard in the final minutes, but PNG's defence held tight.

The youngest player in the competition, Hewago 'Ace' Oea, 16, was best on ground, utilising lightning speed and tremendous ball skills. "I am feeling proud for all the boys and our supporters here and back home," Oea said.



Pumped ... the Mosquitoes clinched the AFL International Cup by one point.

“ I am feeling proud for all the boys and our supporters here and back home. ”

The Mosquitoes know how to play under pressure, having won the title in 2008 by eight points and in 2011 by three points.

Half the team, including captain John James Lavai, was playing in a second AFL International Cup grand final.

PNG voices rang out across the MCG and players soaked up the triumph with supporters who had been out in numbers during the fortnight-long carnival in August.

"The standard continues to improve throughout the tournament," AFL chief executive officer Gillon McLachlan said after handing over the trophy.

ALL THE DETAILS

FINAL STANDINGS MEN:

1 PNG; 2 NZ; 3 Ireland; 4 US; 5 Nauru; 6 Great Britain; 7 Canada; 8 Fiji; 9 South Africa; 10 France; 11 Croatia; 12 Germany; 13 China; 14 Japan; 15 Sri Lanka; 16 Indonesia; 17 Pakistan; 18 India.

FINAL STANDINGS WOMEN:

1 Ireland; 2 Canada; 3 Great Britain; 4 US; 5 Fiji; 6 PNG; 7 European Crusaders; 8 Pakistan.

PNG: 1.1 3.2 4.4 4.5 (29)

NZ: 2.0 3.1 4.3 4.4 (28)

GOALS PNG: Pirika 2, Oea, Palah

NZ: Miller, McKenzie, Johnson, Donnell-Brown

BEST PNG: Oea, Pirika, Johnson, Lavai, So-Ong

NZ: Clark, Johnson, Cline

"I thought Papua New Guinea might rue a missed goal at the end but they stayed calm and got up again."

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Idyllic Madang

Marisa Howden journeys to PNG's north coast to visit a forgotten paradise, above and below the waterline.

Sleepy Madang. Steamy Madang. Scenic Madang. I'm hard pressed to find just one word to describe Papua New Guinea's forgotten paradise.

'Sleepy' comes to mind for Madang's laidback attitude. 'Steamy' is certainly pertinent – it's significantly hotter here than anywhere else I've been in the country. 'Scenic' is close to the mark too – the natural beauty that surrounds the township is jaw-dropping beautiful. There are hundreds of kilometres of coastline, with turquoise waters and swaying palm trees.

But if I had to use one word to describe this place – just a one-hour Air Niugini flight from Port Moresby – it would be 'idyllic'.

Madang has everything from fishing and diving to nature walks and culture tours.

Madang was once PNG's main tourism destination, attracting guests from all over the world. And I can see why. There are few other spots in the country where you can dive with schools of big fish in the morning, and then catch one later that afternoon for dinner.

In recent years, Madang has seen a drop in international tourists. One of the country's main advocates for tourism, and owner of the Madang Resort, Sir Peter Barter, says more government support is needed to arrest the tourism downturn.

Sir Peter has been a driving force for tourism

in Madang (and wider PNG) for over 40 years.

He first arrived in PNG in the 1960s as a pilot for TALAIR, before purchasing Madang Resort in 1976. He then set up Melanesian Tourist Services, which is one of the largest tourism operators in the country, before trying his hand at politics as the governor of Madang Province.

Among other things, today his time is spent maintaining the 182-room Madang Resort and Kalibobo Village, while working tirelessly to bring Madang back to its glory days.

On the edge of Madang Harbour, the resort is the main tourism hub in town and the base for many of Madang's star attractions. It's here you can organise kayaking, catamaran or snorkelling expeditions, as well as game fishing and harbour cruises.

But it's Niugini Dive Adventures that I'm here to see. The company has organised a half-day tour to two of Madang's best dive sites. ➤



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Madang.



Idyllic Madang

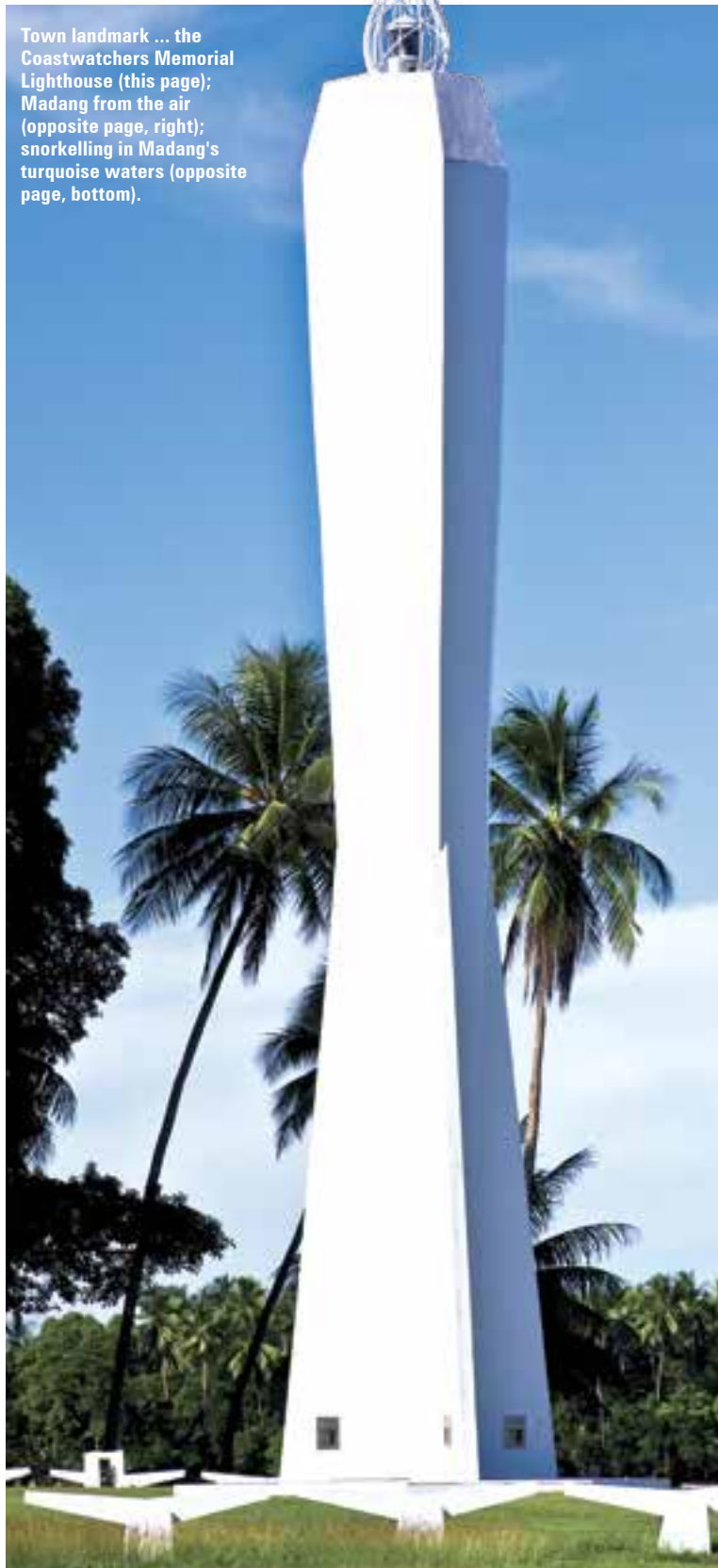
“ Madang has everything from fishing and diving to nature walks and culture tours. There are hundreds of kilometres of coastline, with turquoise waters and swaying palm trees. ”

The great thing about Madang is you don't have to go far to find good diving, and within half an hour we're at the first site of the day, Planet Rock.

My dive companion, Brad, who has dived all around PNG, tells me that you come to Madang to see the 'wow' stuff, such as schools of giant trevally and barracuda, as well as hammerhead sharks and rays. Planet Rock – a 600-metre volcanic seamount – is the best place to see them.

As soon as we descend, schools of barracuda, dogtooth and giant trevally hover around. It's like they're carefully scrutinising us with their watchful eyes.

Once you get over their presence, you notice that below them lies a healthy reef with an abundance



Town landmark ... the Coastwatchers Memorial Lighthouse (this page); Madang from the air (opposite page, right); snorkelling in Madang's turquoise waters (opposite page, bottom).

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Idyllic Madang



of smaller fish. My favourites are the tiny, electric-blue fish with the bright yellow tails. Hundreds of them swim in and out of the stony corals and smaller sponge corals, not before cruising past bright blue

starfish as they lazily bask in the warm water. It's an excellent dive, but the current is strong so it takes a bit of extra effort.

Next, we move towards Barracuda Point, which is further

up the harbour, on the outer edge of Pig Island. But first we stop for a swim and snorkel on the inside of the island, and I'm blown away.

If I thought the rest of Madang was idyllic, it's nothing compared to the crystal clear, turquoise waters that fringe this island. It's absolutely stunning and only topped off by the magnificent snorkelling that lies beneath – another healthy reef that I could happily spend hours just cruising about, checking out all its nooks and crannies and the little Nemos that swim about.

Even better are the smiley, happy children foraging on the island's white sand beaches, laughing freely without a care in the world.

Once I get over my envy, we make our way to Barracuda Point

for another excellent dive. The current isn't so strong this time, which makes for a very pleasant cruise around the point's seawall, where I encounter lots of big fish again, and more of my favourite tiny blue friends.

When we arrive back to the resort I'm told Pig Island and many other spots, such as Kranket and Wangat islands, can be accessed during half or full-day harbour cruises. Snorkelling equipment is available through the dive shop, as well as kayaks and catamarans if you prefer to make your own way there.

Madang is also one of the best places in PNG for game fishing. It was here, at the National Fishing Titles in 2013, that my mother-in-law caught a 182-kilogram ➤



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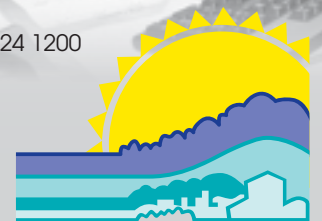
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Idyllic Madang

marlin on 15-kilogram line, setting a national record.

The Madang Resort is one of the best places to stay in town, offering a range of accommodation options, from self-contained units at Kalibobo Village, to basic hotel rooms and waterfront bungalows. There is a nice restaurant with themed buffet nights and fresh fish, as well as four swimming pools, a tennis court, and bird aviaries with tree kangaroos, cassowaries and cockatoos.

The resort can also arrange land tours through Melanesian Tourist Services or Haus Tumbuna, the tourism bureau and artefact museum near the Madang Lodge. It's here you can view an exhibition about Madang's history.

The province was first settled by Russian explorer Nicholay Mikloucho-Maclay, before being occupied by the Germans and then Australia after World War 2.

But it's Madang's rich culture I'm most interested to hear about as I embark on a full-day tour of local villages. As we drive 45 minutes up the north coast, my guide, Alex, tells me that of PNG's 800-plus languages, 25 per cent come from Madang.

Incredible, really, that over a quarter of the country's culture stems from this one province. ➤

Cultural immersion ... visitors to Madang are sure to meet a diverse range of cultural groups. A quarter of PNG's culture is said to stem from Madang Province.





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Idyllic Madang

Many of these cultures are evident at the annual Madang Festival, usually held during the June long weekend. It's here you can meet people from many of the local cultures as they perform their enchanting *sing sings*, as well as view the lush floral collections from the region, which include over 10 species of orchids.

As we continue our drive up the coast, we stop in to Kusen village, next to a pale-blue coral lagoon, to see the natural rock formation called 'Hole in the Wall'. When the tide is at the right level, you can swim under the rocks that border the lagoon and come out on ➤

Flying the flag ... *sing sings* are part of the annual Madang Festival, usually held during the June long weekend.



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Idyllic Madang

the other side – a literal hole in the wall. I'm not game enough to try it myself but I'm more than happy to have a swim in the picturesque water hole.

Another 90 minutes up the coast is Tupira Surfing Lodge, which in April saw hundreds of surfers gather for the World Longboard Championships. The surfing season runs from November to April, but the lodge is open year round for visitors.

On our way back down the coast we stop into Alexishaven – a Catholic missionary site occupied by the Japanese during World War 2. Today it's another sleepy village, home to a commune, as well as a main port of call for many

of the islanders in the surrounding harbour. It's an idyllic spot for a picnic or walk.

As we head back towards Madang we call into Jais Aben, another resort, about 20 minutes from town. This is a must-do, whether it's to stay in one of the oceanfront bungalows or to visit for a swim and lunch on the white-sand beach.

South of Madang, is Balek Wildlife Sanctuary, which featured in the 1997 production of *Robinson Crusoe*. It's a small village with a sulfuric creek that runs down from the mountains through a limestone cave. ➤



Local craft ... Bil Bil villagers are renowned for their pottery.

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Idyllic Madang

There's a pungent smell of sulphur in the air as we take a short walk through the surrounding jungle to view the crystal-clear stream where turtles, fish and eels congregate.

Further up the road from Balek is Bil Bil village, where you can view traditional clay pots being made. It's only the women who make the specialised pottery, moulding the pots into vases, water jugs, souvenirs and crockery. The small butterfly farm houses several species of butterflies, including the Cairns birdwing.

On the way back into town, is the Coastwatchers Memorial Lighthouse, built in 1952 to honour the Australian and PNG men

who assisted the Allies during World War 2. Further along this scenic coastal road, are Haus Tumbuna and the Madang Lodge, another one of the excellent accommodation options in town.

Set among beautiful manicured gardens with stunning views over Astrolobe Bay, the Madang Lodge has short and long-term accommodation options, including self-contained apartments, as well as a fully equipped gym and fitness centre, waterside restaurant, artifact haus, cafe and gift shop, and onsite masseuse.

The oceanfront apartments are great for families, with a big lawn and pool for kids to play in.

For somewhere to eat in town,

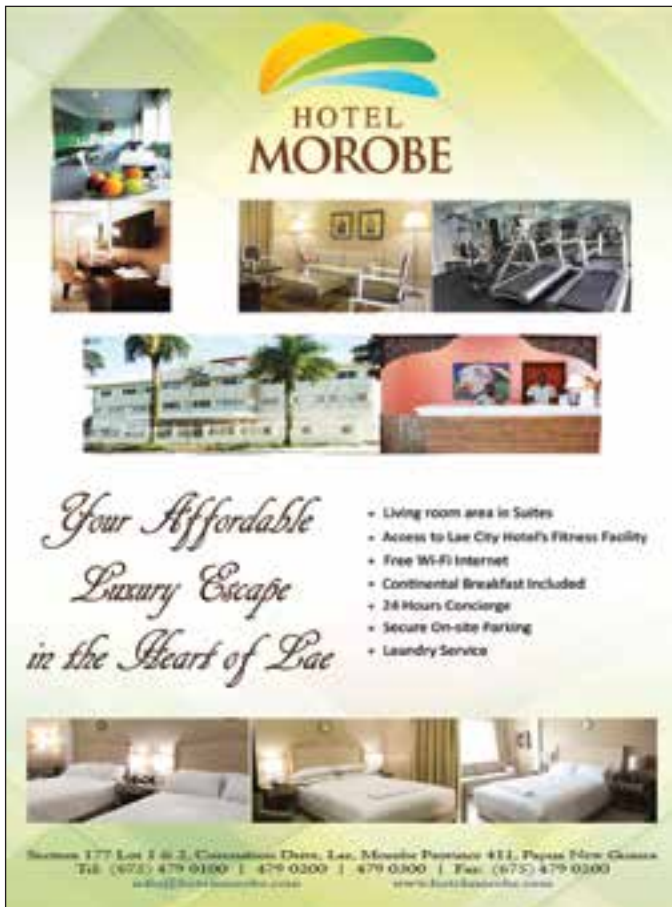
the lodge's barbecue on Friday nights is a treat, as is the Eden Restaurant at the Madang Country Club for Chinese cuisine.

There's not much you can't do in Madang. Tropical paradise, check. Incredible diving, check. Rich culture, check.

And since it's pretty easy to get here from Port Moresby, Lae or the Highlands, there's really no excuse not to visit. I promise: 'idyllic' Madang won't disappoint. ■

Taking the plunge ... diving and snorkelling excursions are available through Madang Resort.

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STAYING THERE Madang Lodge from PGK130 per night, madanglodge.com; Madang Resort from PGK200, madangresort.com; Jais Aben Resort from PGK350, jaisabenresort.com.

THINGS TO DO Madang Resort arranges sightseeing, diving and snorkelling.

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“

As the rhythm of the drum picks up,
people begin to stomp their feet
and rejoice.

”



PICTURES: KATHLEEN PRIOR



Behind the mask

Kathleen Prior sees sacred rituals, elaborate costumes and fire eaters at the annual Mask Festival in Kokopo.

Excited chatter ripples through the darkness at Kokopo beach in East New Britain where a growing cluster of people is waiting. As milky early morning light starts to seep over the horizon, the crowd falls silent in anticipation. Faintly in the distance, chanting and drumming can be heard.

Kinavai is a sacred ritual of the Tolai people in East New Britain. Shrouded in secrecy for hundreds of years, the tradition is today performed to open the Mask Festival held in the province annually. Locals and tourists are invited to watch and join in the celebrations.

It is one of the rare occasions that people outside of the Tolai tribe are able to see the *tumbuans*. Both feared and revered, the *tumbuans* are the masked figures of incarnated spirits. Respected elders of the community undergo a secret process as they prepare for adorning the elaborate costumes of the *tumbuans*. Once this is complete, it is believed that they become the embodiment of the spirit.

In days gone by, the *tumbuans* would pass judgments in Tolai communities. They would be summoned to a village to enforce or punish, and their decree had to be obeyed. It is reported that *tumbuans* have burned down the houses of those that disobeyed them, and they can kill a defier with impunity. At *Kinavai*, their presence is necessary to initiate boys of the clan to manhood.

On this morning, women have gathered to bid their sons goodbye and good luck. They hold giant sugar canes, the leaves waving above their heads.

"They are coming," whispers one of the mothers, Rachael, as the chanting grows louder and a cluster of boats on the horizon starts to drift towards the beach.

A procession of barefoot boys begins to walk along the shoreline. Each wearing a red *lungi*, they are nervous, biting their lips as their eyes whip around anxiously. Older boys and teenagers follow, then they all stop and turn to face the transfixed crowd.

Their mothers go to meet them and the ceremony begins. The women, all standing on one side, use a stone to break open a coconut, splashing the water at their sons' feet. Next they crack the sugar cane, before flinging a handful of lime powder. The white powder, alongside red ochre, is also smeared on the boys' chests and smudged on their brow and cheek bones. It is believed to protect them from the evil spirits.

Now, the boats are nearing the beach. Aboard are the female *tumbuans* and the male *dukduks*. ➤

In the groove ... dancers getting into the spirit of things at the Mask Festival.



Behind the mask



Fire dance ... costumed men leap through the flames in the Baining Mountains (left); dancing to the rhythm of the *kundu* (right).

The masks for both are conical. The females' are black with geometric faces and eyes of concentric circles, painted in white and red. A tuft of white feathers flutter at the top. The male masks are faceless, but are taller and more elaborately carved than those of their female counterparts. Both *tumbuans* and *dukduks* have a billowing bodysuit of green leaves that rustle as they move and jiggle. Only the men's legs, from below the knee, are visible.

The *Kinavai* represents the Tolai people crossing the sea and arriving at the Gazelle Peninsula hundreds of years ago. Once the boats are close enough, the *tumbuans* and *dukduks* wade to the shore and playfully dance at the water's edge. The Tolai people on the beach immediately retreat, as to touch the *tumbuans* is strictly forbidden.

Meanwhile, the tourists and other spectators lurch closer and there is a frenzy of photography.

As the rhythm of the drum picks up, people begin to stomp their feet and rejoice. The morning sun is now golden, and everyone revels in its joyous warmth.

Later in the day, the mask festival is formally commenced at the Kokopo sports field with speeches and applause. Tourists and photographers are gathered in a staged seating area, but today the gate is open with no charge for entry, so many people from ➤

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Behind the mask

across the province have travelled to enjoy the show.

A square dance floor has been roped off, and spectators sit cross-legged around its edge. Many locals chew on *buai*, their lips stained conspicuously red. One of the stalls nearby providing snacks and souvenirs is selling icy poles. Many children have coloured rings around their mouths, in synchrony with their elders.

In front of the captivated audience, the final elements of the Tolai traditions are displayed. The *tumbuans* are summoned by chiefs hollering and banging the *kundu* drum. They are whipped with strings of *tabu*, or shell money, then fall to their knees.

they leave us enchanted. As the ceremony comes to an end, we jolt from our trance and carry our weary selves home.

The next day, back at the sports field, festivities for day two of the mask festival are set to get underway at noon. But we're on PNG time, and scattered but heavy downpours keep dampening dancers' enthusiasm to perform.

Finally, the *kundu* begins a dramatic slow and steady build-up, announcing the imminent arrival of the first performers.

There is a schedule of events, but it serves more as an indication of possible performances than a strict timetable. As dancers in costume appear, it's a fun game to guess which village they represent. When men appear with masks

red, and smoke streams around his face. Then he takes a bite. Spectators flinch, but he does not even wince as he chews on the burning embers. A round of applause accompanies our sigh of relief.

After the performances, there are plenty of opportunities to have photos taken with the costumed dancers. Or to sit and enjoy a chat with one of the tribes people, who are happy to share stories of their culture.

It is here, that I speak with villagers from the Baining Mountains, resulting in me riding in the back of a pick-up truck up to their village just a few days later. The men have offered to show me their workshop where the masks are made. An opportunity I cannot refuse.



Tolai people walk among them and fill their baskets with *tabu* in an offering, though traditionally this would often have been the payment of a fine.

Another highlight of the four-day event takes place in the evening. After nightfall, guests are driven up to the village of Gaulim in the Baining Mountains. There, a fire burns and crackles. Almost immediately after we arrive, the drums begin to beat.

Costumed men circle the fire, then, one by one, they jump over the flames. Suddenly, they spring upwards and jump onto the fire, flames licking their legs as they kick the burning timber, sending scattering embers towards the crowd. The crowd gasps in unison, in fear and wonder.

In the pitch black and peacefulness of the mountains, the flames are the only light, their flickering red and orange mesmerising. Coupled with the evocative chanting and drum rhythm,

adorning feathered birds' heads, we know these must be the Sinivit villagers showcasing their *akakuruk* or chicken dance. In unison, they stamp and bow, capturing the illusion of the chickens on their headdress pecking at the ground.

For the *amurup* or emu dance, a man from the Marmar village appears painted head to toe in black. He is joined by two men in surprisingly realistic black-feathered costumes representing the emus. This dance is a comical one, with the man struggling to control the two giant birds as they scamper around him. The expressions on his face leave the crowd in giggles at the farcical humour.

The fire eaters are another highlight. These men need no fanciful costumes to attract the audience's attention. Bare chested with a simple feather headband, the lead performer takes logs from the fire. One end smoulders in



On arrival, I am taken up a steep muddy incline to the so-called 'secret place'. They tell me I am the first woman and first journalist to be allowed inside.

It is a rather humble building, more of a shack, made from natural materials. Inside, an assortment of masks, some that I recognise from the fire dance, hang from the walls. Resting on the floor is one half-made, just a skeletal wooden frame waiting to be transformed.

Many of the masks have animalistic qualities, such as ears and a beak, having been inspired by the creatures of the forest.

Gideon, a young man from the village, explains how the masks are made. "When a man sleeps at night, he dreams of the head of spirits. When he wakes, he will sketch on the ground with a broomstick or small knife. Then he will use that drawing to make the mask."



Behind the mask



Initiation ... (from left) the procession of boys and older teenagers who will be initiated into manhood; Mask Festival dancing; a *tumbuan*; one of the elaborate masks.

He points to one with a long protruding jaw and teeth, like the snout of a crocodile. "The maker had slept by the river when he dreamt of this one!"

The masks are made from *tapa* cloth, a fabric created by pulping the bark of a tree, which is stretched over the frame. This is then painted in red and black. The black ink comes from the sap of a tree; and for the red, leaves of the areca tree are mixed with slaked lime.

The dances are performed about three times a year, sometimes to pass boys into manhood and sometimes for funerals, as well as other special ceremonies. To prepare for the dance, the men performing must not partake in any wrongdoing throughout the day, not steal nor say bad words nor even sleep with a woman.

"If a man does something morally wrong," Gideon tells me, "when he performs he will be burned by the fire."

The wearing of some bigger and more important masks requires another level of initiation. For this prestigious role, men must undertake a long period of fasting. The man is buried in the soil with just his head showing and is not allowed food, only water. Some men, reportedly, stay like this for up to a month. When they are lifted out by their fellow villagers, they are weak but must perform the dance before they are offered any nourishment.

This rite of passage is only undertaken by the strongest elders in the village and those who are most respected.

As we talk, the chief of the village pops by to say hello, beaming with pride for his treasured tradition.

He tells me: "This dance is important to us as it has been passed on by our ancestors.

It keeps the bad spirits away." ►



Behind the mask



Arrival ... *tambuans* landing at Kokopo beach, in front of a large crowd.

Then he says something that reminds me of the entranced tourists who so much enjoyed the vibrant cultural displays of this year's mask festival. "It entices the good ones to come close to enjoy the music and the night." Just as we all did. ■

 **Air Niugini flies from Port Moresby to Kokopo three times daily, except Mon/Wed/Fri when four times daily. See airniugini.com.pg.**

NEED TO KNOW

TOURING THERE The Mask Festival takes place during July. Intrepid Travel and South Sea Horizons have partnered to conduct tours to the festival. In 2018, the nine-day tour starts at \$US3455.

MORE INFORMATION intrepidtravel.com.au, southseahorizons.com

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CASTAWAY PLEASURE

Greg Clarke samples the simple pleasures of lobster, icy cold beer and deserted beaches in the Solomon Islands, which once hosted one of the world's most famous castaways.

From the over-water bar at Fatboys Resort in the Solomon Islands, lobster tails and cold beers are served with views to nearby Kennedy Island. The confection of sand and trees is a castaway idyll and the island was the temporary home of perhaps the most renowned castaway (other than Robinson Crusoe) in history.

There are 992 islands in the Solomon Islands. Some 300 are

inhabited. Kennedy Island takes its name from the 35th president of the US, John Fitzgerald Kennedy, who was shipwrecked there during World War 2.

In 1943, Kennedy was commander of a Patrol Torpedo (PT) boat that was sliced in two by a Japanese destroyer one night. Two men were killed but Kennedy, 26, swam to the island that would later be renamed in his honour (it has had various names,

including Plum Pudding Island).

After long swims at night searching for patrolling naval colleagues who might offer rescue, JFK and his comrades hid from the Japanese during the day.

The fighting here was some of the most critical during the war in the Pacific and strategically linked to the Papua New Guinea campaign. When the Japanese were defeated in the Solomons they retreated to Rabaul. The

simplified version of wartime logic went something like this: control the Solomons and PNG and win the war for the Pacific.

This year marks the centenary of Kennedy's birth, as well as the 75th anniversary of the beginnings of the campaign in the Solomons after the Japanese invaded in 1942.

Divers have long since been lured to the Solomon Islands – there are 52 war wrecks in Iron Bottom





Sound, the body of water east of Honiara's main port.

It's about 500 metres from Fatboys Resort, on Mbabanga Island near Gizo in the country's Western Province, to verdant Kennedy Island. After taking a boat from Fatboys I take on a circumnavigation (sort of) while staff from the resort begin to cook lunch on a wood-fired barbecue. Lobster tails, Spanish mackerel and coconuts are on the menu.

“

The fish we catch become dinner, cooked whole and local style on a fire covered with stone-like chinks of broken coral.

”

The name, Fatboys, is taken from the character Joe in Charles Dickens' novel *The Pickwick Papers*. Fatboy's life revolves

around eating, sleeping and making every attempt to avoid work.

The resort does its best to encourage visitors to indulge in this

life. There are some, however, who spend their days diving on nearby wrecks and at night swim with the apparently friendly covey of reef sharks.

The water under the bar is home to hundreds of beautifully coloured fish, and in this free-ranging aquarium guests can watch through, or dive into, waters clean as a child's conscience. ►



Castaway pleasure

Some of the divers and snorkellers may be ridiculously active, but I can do a fine Fatboy impression. For this it makes sense to blame someone or something, and in the Solomons food might be the most obvious scapegoat. The servings of tuna, lobster, calamari and desserts are lavish.

JFK reportedly dined on coconuts and a cache of Japanese sweets and tinned water – castaway treasures for sure, but not quite sleep inducing. After the barbecue lunch I seek refuge in a hammock on the island and dreamily think of a president, this formative episode in his life, exhaustedly swimming kilometres at night looking for other PT boats and rescue. And yes I

feel guilty – it took a sweatless five minutes to walk around the perimeter of the island.

The Spanish floated by the Solomon Islands in the 16th century. The name they applied to this congress of islands was nicked from the story of King Solomon in the bible: explorer Alvaro de Mendana was, according to local lore, given an egg-shaped chunk of gold.

Now the Western Province is considered the jewel of the country. The riches that de Mendana thought he would dig up never eventuated, yet the fact is apposite now because the Solomons is rich in part for what it does not have. ➤



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Castaway pleasure

The islands are free of garish resorts. The word 'resort', when applied to the Solomons, connotes thatched roofs, rooms without TV or Wi-Fi. This is part of the country's appeal and even in the Western Province a 'resort' is an exception rather than rule.

We have a castaway experience on Hopei Island. No-one lives on this small island off Munda (about a 50-minute flight north-west of Honiara).

The fish we catch become dinner, cooked whole and local style on a fire covered with stone-like chinks of broken coral that swiftly readies the fish and cassava. We encounter a small amount of phosphorescence in shallow water just metres from the tent we will

sleep in. No one else is staying on the island apart from our huddle of campers.

All of this, bar the fish on the end of our lines, is organised by an extraordinarily accommodating man called Billy, the tour supervisor at Agnes Gateway Hotel, a village-owned hotel just a three-minute walk from Munda Airport.

Near to Hopei and Munda, we snorkel to more deserted islands and around a Japanese fighter laying in about four metres of water. Diving skills aren't necessary to explore some of the islands' World War 2 wrecks.


Earlier, Billy had taken us on a walking tour east of Munda, where he showed us abandoned American landing craft and other



accoutrements of war slowly being ravaged by time and jungle. We visit a village museum curated by a man who has been collecting war artefacts – from dog tags and saki bottles to plane engines – from the

forest since 2002. He has more than 1000 pieces. Billy also takes us to Rendova, the island from which the Americans launched an assault to defeat Japan's Munda stronghold. Enroute

Solomon sights ... (from left) war relics, Fatboys Resort, a deserted beach.






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Castaway pleasure



to Rendova, about 40 minutes by small boat from Munda, we're on the lookout for dolphins, fail in our quest but happen upon Titiru Eco-lodge, a hideaway within a cove where two over-water bungalows

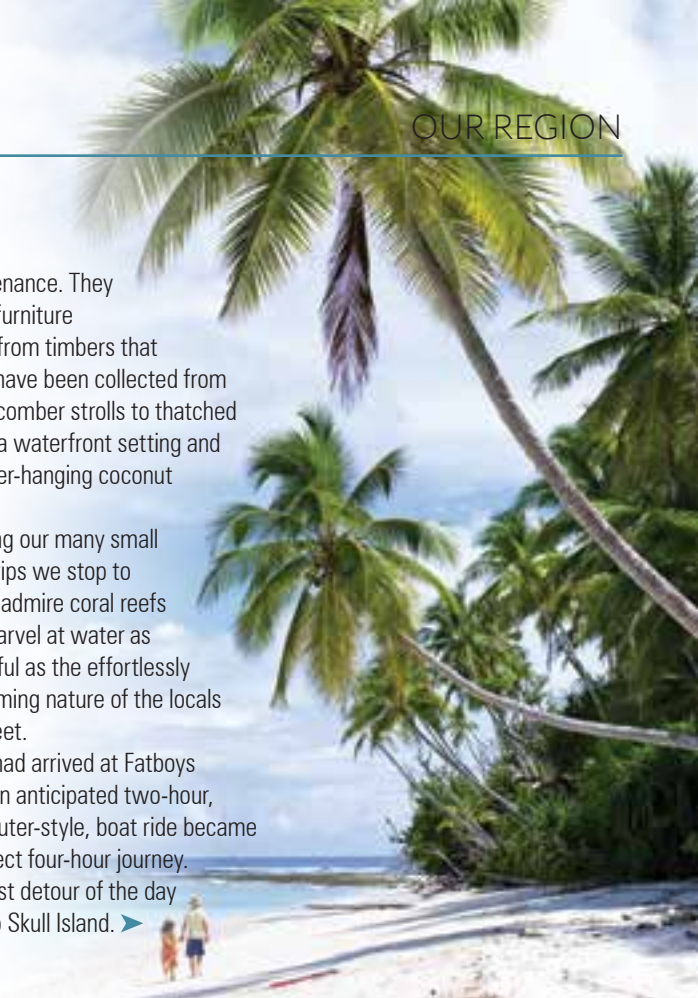
are the only imposition upon the water-edge mangroves.

Titiru and Hopei are not the only escapes that'll rekindle fantasy. Oravae Cottages, north-west of Gizo, have a Swiss Family Robinson

countenance. They blend furniture made from timbers that could have been collected from beachcomber strolls to thatched roofs, a waterfront setting and the over-hanging coconut trees.

During our many small boat trips we stop to swim, admire coral reefs and marvel at water as beautiful as the effortlessly welcoming nature of the locals we meet.

We had arrived at Fatboys after an anticipated two-hour, commuter-style, boat ride became a perfect four-hour journey. The first detour of the day was to Skull Island. ➤



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Castaway pleasure



Lobster is served ... food is one of the delights of the Solomon Islands.

Just off its shores, we waited on board while the wonderfully enthusiastic Billy asked permission from his ancestors for our group to enter the island.

After wading through shallow water we see up close the human remains that give the island its name. Head hunting was practised by Billy's forebears.

Soon after, we stop at Zipolo Habu Resort, a place popular with fishermen, divers and expat families based in Honiara. Not surprisingly there are village-loads of locals and expats who believe that tourism is the Solomon's future.

JFK was tortured by tides during marathon swimming efforts to rescue himself and his crew. He

was ultimately reacquainted with his Rendova base after locals delivered a message he had carved into a coconut shell.

After his rescue, Kennedy was reunited with the shell, had it encased and reportedly used it as a paperweight in the Oval Office. The message read in part: '11 ALIVE ... NEED SMALL BOAT ...'

JFK's castaway ordeal lasted seven days, the same length of time as my visit. While our circumstances couldn't be more different, we do have something else in common. Just thinking about the Solomon Islands can make visitors hunger for a small boat. ■



NEED TO KNOW

STAYING THERE Rooms at Fatboys Resort start from \$S1560 a night; \$S1770 at Titiru Eco-lodge; \$S1800 at Oravae; and \$S300 at Agnes Gateway Hotel.

MORE INFORMATION visitsolomons.com.sb, facebook.com/titiru.ecolodge, oravaecottage.com, agneshotelsolomon.com

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





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DISCOVER MORE BEHIND THE STAR

Aussie beach getaway



Mary O'Brien checks into a funky boutique hotel where everything is done with a designer flourish.

Halcyon House has been turning heads since it opened in 2015 and it's easy to see why. Deemed 'Australia's most Instagrammable hotel', the personality-plus beach getaway stands out from the pack.

A former modest surfer motel, Halcyon House is a beautifully decked out boutique hotel on the beach in northern NSW, just 15 minutes' drive from the Gold Coast airport and about two hours from Brisbane, where Air Niugini flies six times a week.

The hotel recently won *Gourmet Traveller's* best service award, mainly thanks to the team headed by general manager Mauro De Riso. In January, it was named the best Mr & Mrs Smith Hotel and last year it won the 2016 *Conde Nast Traveller* Hot List Award.

Design fans have been coming in droves to ogle over the luxe retro Hollywood-style interiors. A blue-and-white design theme lends a Mediterranean touch but this is at heart a truly Australian surfside retreat.

No wonder Brisbane designer Anna Spiro and architect Virginia Kerridge have won a plethora of awards for their work here. The retro hotel is the dream child of sisters Siobhan and Elisha Bickle who own several hospitality places in Brisbane, including Bunk backpackers hostel.

For those who like to stay in a unique property, Halcyon House's 21 rooms fit the bill. Each overlooks the pool or ocean and is individually decorated with treasures from far and near.

Some vintage pieces were bought on a trip to the US while antique seascapes were collected from around Australia. The bedroom walls are

decorated with beautiful English fabrics. Local craftspeople produced many of the lamps and restored the vintage pieces. The bathrooms have handmade floor tiles and marble washstands and, of course, everything is put together with a designer flourish.

The jewel in the crown is the '60s California-style pool, framed by a terrace with striped lounges.

Extra little touches to win over guests include surfboards, bicycles (blue, of course) and an onsite Audi that can be hired on a daily basis.

One of its big drawcards is the picture-perfect two-hatted restaurant, Paper Daisy, right beside the beach and pool. Not only does it look pretty with its blue-and-white wicker chairs but the food's excellent, too, thanks to Ben Devlin, who





“
The jewel in the crown is the '60s California-style pool, framed by a terrace with striped lounges.
”

Halcyon House ... an award-winning Australian hotel with a stunning '60s California-style pool.



was the *Brisbane Good Food Guide* young chef of the year in 2014.

The 90-seater restaurant focuses on regional and coastal ingredients in keeping with its seaside location. The paperbark grilled fish, Merimbula oysters and kangaroo loin are worth sampling.

Cabarita Beach was an undiscovered gem before Halcyon House came along. It's a sleepy beachside village on the shores of a great surf beach with no high-rise towers. Step out onto the

coastal walk from the main beach around to Norries Headland past remnant rainforest for knockout views – also a good place to spot whales in the right season. ■

NEED TO KNOW

STAYING THERE
Halcyon House is near Gold Coast Airport and has 21 individually designed rooms from about \$AUD600 a night for a couple.

MORE INFORMATION
halcyonhouse.com.au

MORE GREAT DESIGN HOTELS ON AIR NIUGINI'S FLIGHT PATH

SHANGHAI* – WATERHOUSE AT SOUTH BUND

Chinese architects Neri & Hu transformed a 1930's former Japanese army building into one of Shanghai's most chic hotels. Housed in the industrial shell are 19 rooms, a restaurant and rooftop bar. The hotel, on the old side of the Huangpu River, contains designer furniture and some of owner Loh Lik Peng's personal art collection.



Maojiayan Road N° 1-3, Zhongshan Road South, Huangpu District, Shanghai, waterhouseshanghai.com

**Air Niugini is scheduled to start Shanghai flights in March.*

TOKYO – CLASKA



Tokyo's original design hotel, Claska, has 20 bedrooms, artists' studios, a design shop and bicycles. Japanese design fans will love the minimalist rooms, including three special DIY rooms by local designers. Off the beaten track in Meguro Dori, the mid-priced hotel's restaurant and rooftop deck are popular.

1 Chome-3-18 Chucho, Meguro, Tokyo, claska.com

HONG KONG – HOTEL ICON

Owned by Hong Kong Polytechnic University, Hotel Icon provides training for hospitality students but this doesn't stop it from being rich in design kudos. The vertical garden, an impressive wall of plants in the lobby, was planned by botanist Patrick Blanc while the Market restaurant and club lounge were designed by Conran & Partners. The designer suite by Vivienne Tam is a knockout.



17 Science Museum Road, Kowloon, Hong Kong, hotel-icon.com



A winter blast ... (clockwise from main) skiing at Nozawa Onsen; snow all around, steaming hot springs, the Bullet Train.

A yen for snow

Carolyn Beasley skis in fluffy powder snow and gets herself into hot water at a Japanese ski resort.

As I stop my skis on the exposed ridgetop, a startling blue sky threatens to engulf me. On both sides, trees cling to steep drop-offs, almost groaning under the weight of fresh snow.

Before me, a ski run aptly named 'Skyline' beckons. Mid-way down, I lean into a left turn and descend to the top of a pristine valley. Undisturbed snow glitters – I am the first to ski here today. Exhilarated, I plunge through untouched powder, down the silent slope, trees sliding by in a blur. Arriving in the village below, I'm high on adrenaline and under

my balaclava, I'm grinning from ear to ear.

I'm in the traditional Japanese village of Nozawa Onsen, a town of around 4000 people, 260 kilometres north-west of Tokyo. All types of skier are catered for here, with an elevation of 1650 metres and around 50 kilometres of trails, the longest of which is 10 kilometres.

Snowboarders test their skills in the two-kilometre snow park including a box, rail, half-pipe and wave. Aside from great skiing, Nozawa Onsen offers unique and cultural experiences.



BULLET TRAIN

The most exciting way to arrive in Nozawa Onsen is by bullet train (*Shinkansen*) from Tokyo. But before leaving Tokyo Station, many travellers have only one thing on their mind: *ekibens*. These are bento box meals, specifically packaged as train munchies, with

each station offering regional specialities. My favourite is in a box styled as a mini bullet train.

While I eat, the suburbs of Tokyo morph into rural countryside, and imposing, snow-capped Mount Fuji flies by at 320 kilometres per hour. In just one hour and 40 minutes, I'm pulling in to Iiyama Station.





“

I plunge through untouched powder, down the silent slope, trees sliding by in a blur.

”



TRADITIONAL RYOKAN

It's a more sedate, 20-minute taxi ride from Iiyama station to Furusato Lodge, my *ryokan*, a traditional Japanese guesthouse.

The host family's father greets me, smiling and bowing, pouring me a cup of homemade alcoholic sake straight from the pot on the

wood-fired heater. The *ryokan* rooms are basic, but the futon mattress on the *tatami* mat floor proves more comfortable than it looks, and the shared bathroom is immaculately clean. The *ryokan* has its own natural spring water hot tubs known as *onsens*, one for men and one for women.



NAKED WITH LOCALS

The town has been famous for its hot springs since the eighth century. The village has 13 community owned, free *onsens* and many locals bathe here daily. Considerate tourists follow *onsen* etiquette, including removing shoes before walking on wooden

decking and washing with soap before entering.

No clothing or swimwear is allowed. I'm prudish at first, but made to feel welcome by an elderly local, and through sign language, she demonstrates how to add cold water before easing in to the hot *onsen*. ➤



A yen for snow

Soon I'm happily soaking with other naked bathers, feeling tired muscles unwind.

LOCAL DELICACIES

Another tradition embraced here is food. Many restaurants offer just a few tables, specialising in one type of food. Fortissimo offers home cooking like crumbed pork *tonkatsu*, served beside the family's piano. Osaka Tonkichi has *okonomiyaki*, a savoury pancake featuring yam flour, cabbage, egg and pork belly or shrimp, topped with sweet brown sauce and Japanese mayonnaise.

At a stall in the main street, chilly tourists are warmed by steamed

dumplings containing apple and cinnamon, red beans or spicy beef. Meanwhile, thirsty visitors kick snow off their boots at the Craft Room, charging up on great coffee or a sneaky craft beer.

SNOW MONKEYS

For a break from the slopes, take a half-day excursion to visit wild, fluffy snow monkeys in Jigokudani Monkey Park. Get the camera ready for the moment they plunge into their own hot water *onsen*, playing and grooming each other happily in the steamy water. ■

Soaking it in ... snow monkeys relaxing in the warm water at Jigokudani Monkey Park.



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NEED TO KNOW

SKIING THERE Nozawa Holidays (nozawaholidays.com) has seven-day packages including accommodation, breakfast and lift passes at Furusato Lodge from ¥75,000 a person. Snow monkey tours from ¥5,800 an adult.

GETTING THERE Train from Narita Airport to Tokyo Station. Catch the bullet train to Iiyama Station.

MORE INFORMATION nozawa-onsen.com





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Light show ... Singapore's Gardens
By The Bay, with the Marina Bay
Sands hotel in the background.

PICTURE: MILEN STILIVANOV



City guide: Singapore

Paul Chai writes that there's a lot to love about the Lion City, from hawker food and temples redolent with incense, to speakeasy bars and spectacular new buildings and architectural installations.

Often an island of extremes, in Singapore you can sip cocktails in sumptuous surrounds

or discover new craft beers at a hawker stall. You can see gleaming new steel buildings overshadowing timeworn

Chinese temples redolent with incense. You can shop the labyrinthine commercial hub of Orchard Road for designer

brands, or visit a tiny offshore island that seems lost in time. The Lion City is hard to categorise but easy to love. ►

City guide: Singapore



Street appeal ... (from left) Orchard Road is packed with shops, including Tangs, which sells local fashion brands; Singapore Zoo; hawker food.

GETTING AROUND

Singapore is simple to get around whether you jump on the extensive MRT rail system, hail one of the world's cheapest (and most reliable) taxis, or grab a bus to just about anywhere. The island is also proud of its kilometres of covered walkways to protect residents from the frequent tropical downpours.

SIGHTS

Strolling Singapore's harbour is a popular pastime where you can find Gardens By The Bay (gardensbythebay.com.sg), a neatly curated park that is home to huge greenhouses like the Cloud Forest, packed full of tropical plants.

The harbour is home to Marina Bay Sands (10 Bayfront Ave; marinabaysands.com), the famous hotel, Skypark (with that rooftop infinity pool packed full of selfie takers), casino, theatre and high-end shops.

In the shadow of the hotel is Makansutra Gluttons Bay,

a modern-day hawker market founded by food blogger and street food expert KF Seetoh. Each stall here has been handpicked by Seetoh for being the best at what they do and it is the place to indulge in a 'greatest hits' of Singaporean street food: chicken rice, Hokkien prawn *mee* (noodles) or the city-state's famous chilli crab.

The Singapore Zoo (zoo.com.sg) is also a must, the free-range zoo sees monkeys swinging overhead, gets you inside a cage with sloths, bats and lemurs and the River Safari offers pandas and aquatic life.

SINGAPORE SPECIAL

Singapore's hawker centres and coffee shops are the best bargain in town. This is street food Singapore-style where the stalls have a rating from A to C (most are As and Bs and very hygienic) and plates of food cost as little as a few dollars. Specialties include *char kuay teow* (fried noodles), *bak kuh teh* (a peppery pork bone soup) or *roti prata* (Indian flatbread served with a curry sauce to dip it in). Try the app/website 'Makansutra' to find the most revered stalls, or just join the longest queues. ➤





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City guide: Singapore



CULTURE CULTURE

The oldest museum in the city-state, the National Museum of Singapore (93 Stamford Road; nationalmuseum.sg) tells the story of Singapore's nation building through exhibitions, art and video installations.

At the Peranakan Museum (39 Armenian St; peranakanmuseum.org.sg) visitors can learn about the way of life of the Peranakan people, a cultural mix of Chinese and Malay as well as other regional influences. The museum is set in an old school building from 1912 and offers an insight into

early Peranakan lives with displays highlighting the ornate clothing, early furniture and ancestral portraits of the early straits Chinese.

DOING BUSINESS

Singapore's central business district is located around the bustling skyscrapers of Raffles Place, named after Singapore's founder, Sir Stamford Raffles. It has been the commercial centre since the 19th century and is home to most of the city's businesses.

You'll find the restaurants of nearby Boat Quay full to bursting

with lunchtime meetings, or city workers grabbing a morning coffee at Australian coffee chain Dimbulah (30 Raffles Place, #01-31; dimbulahcoffee.com).

And it may be a cliché that Singapore is big on rules, but being tardy to a business meeting is frowned upon so make sure you are on time.

RETAIL THERAPY

The shopping strip of Orchard Road can see you lost for days in the tunnels, connected walkways and mega-malls but keep an eye out for local shops. Tangs department store (Tangs Plaza, Orchard Road;

tangs.com) does a strong line in local fashion brands.

Far East Plaza, off the main strip on Scotts Road, attracts a younger, hipper crowd in search of Asian designers and if you must go international, ION Orchard, shaped like a spaceship, is full of well-known upscale brands.

Island-wide, keep an eye out for Charles & Keith (charleskeith.com) stores, a footwear and handbag brand that was started by Singaporean siblings Charles and Keith Wong and is now world famous.



ESCAPE

With less than 50 residents, who are outnumbered by the wild boars, the island of Pulau Ubin is a time capsule of how Singapore used to look. Known as 'Singapore's last kampong (village)', you can take the 10-minute ferry across to the island from Changi where you will see locals cycling by with crabs tied to the front of their bikes and day trippers taking walking tours of the island's lush vegetation. When you arrive back on the main island you are a short walk from the thriving Changi hawker centre – try the black carrot cake.



City guide: Singapore



PILLOW TALK

With most of Raffles Hotel closed for a major refurbishment until the second quarter of 2018, get some new-school glamour at W Singapore on the tiny island of Sentosa (21 Ocean Way; wsingaporesentosacove.com). It features cutting-edge design and famous weekend pool parties.

Budget conscious or small business travellers will love Hotel Clover Jalan Sultan (33 Jalan Sultan; hotelclover.com), part of a local chain that celebrates heritage buildings and is walking distance from Singapore's Arab Quarter.

Back at the luxury end, the So Sofitel (35 Robinson Road; accorhotels.com) fuses French style in a modern building that is located right near the central business district.

Eat, see, stay ... (clockwise from top left, opposite page) the National Museum; Hotel Clover; wayu knuckle at new eatery, Atlas; Pulau Ubin island, Singapore's last *kampong* village; a boardwalk on the island.

EATS

One of the hottest new openings of late is Atlas (Parkview Square, 600 North Bridge Road; atlasbar.sg) which revamped its menu in August to feature dishes like crispy prawn heads, cod skin and sawagani crab and wayu beef knuckle steak. Chef Daniele Sperindio says the new dishes reflect the restaurant's opulent art deco surrounds.

First timers to the island have to sample Singaporean chilli crab, check out Jumbo Seafood or No Signboard seafood, both of which have multiple outlets across the island.

For a taste of Singapore's Indian

heritage, Banana Leaf Apolo (48 Serangoon Road; thebananaleafapolo.com) in Little India is the best spot for a simple curry; the fish head curry is one of the country's most underrated dishes.

Housed in a four-storey 1930's shophouse, Potato Head Folk (36 Keong Saik Road; ptthead.com) is an Indonesian brand with an eye for whimsical design. This is a great place to eat, with Three Buns Dining Kitchen pumping out burgers like the Smokin' B-Boy burger (beef patty, double-smoked cheese, beer and treacled cured bacon, and barbecue tomato sauce and mayo).



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City guide: Singapore

WATERING HOLES

The city loves a good cocktail and is part of the worldwide craft beer revolution.

Junior The Pocket Bar by The Proof Collective ([facebook.com/JuniorThePocketBar](https://www.facebook.com/JuniorThePocketBar)) started as a pop-up bar, but now has a permanent base at 43 Tanjong Pagar Road. One of the original speakeasies, 28 Hong Street (28 Hong Street, Chinatown; [28hks.com](https://www.28hks.com)) has no sign, just a light hanging over a yellow door. Head through an antechamber and you will find a dark and intimate space.

With boutique beers all the



Singapore loves a good cocktail ... the Junior bar (above); a Mexican-themed concoction at Junior bar (left).

rage The 1925 (369 Jalan Besar; [the1925.com.sg](https://www.the1925.com.sg)) is one of Singapore's new microbreweries with homemade brews on tap like The Yellow Van. Or head to Druggists (119 Tyrwhitt Road; [facebook.com/DruggistsSG](https://www.facebook.com/DruggistsSG)), a 23-tap craft beer bar that has a mosaic floor and constantly changing tap selection – the name comes from the Singapore Chinese Druggists Association who share the building. ■

 **Air Niugini flies from Port Moresby to Singapore five times a week. See [airniugini.com.pg](https://www.airniugini.com.pg).**

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A SURFING MECCA FOR ALL

With new five-star beachfront suites, Bali's renowned surfing resort Hotel Komune caters for everyone – from Kelly Slater to those who have never seen a surfboard in their lives. *Bronwen Gora reports.*

It is with some trepidation I arrive at Komune resort on Bali's east coast. Renowned as a surfer's holiday paradise opposite a world-famous break, I had always assumed it was no place for a beginner surfer – especially a woman. How wrong I was.

A surfing mecca it may be, but Komune is also a lovely resort, so cleverly designed as to cater easily for everyone from families with rowdy children to frazzled professionals needing peace and quiet

by the pool. Whether I feel like a cocktail or a protein smoothie, there is always a menu to suit, and Komune's two restaurants offer an extensive list of deliciousness, from salads to Indonesian classics and Western-style meals, much of the produce plucked fresh from the organic gardens throughout its grounds. ▶

A tropical beach scene with a palm tree, lounge chairs, and a sign that says "LOVE". The sign is made of large, illuminated letters. The background shows a blue ocean and a cloudy sky. There are two pink pillows on the lounge chairs.

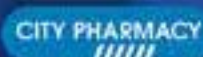
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A surfing mecca for all

There is even, to my delight, a beginner's surf break a little further along the beach fronting Komune – a comfortable distance away ➤

“

The adults-only health hub, surrounded by tropical gardens, comprises a large restaurant and bar, three yoga pavilions, a gym with surfing simulator, and a sparkling 25-metre lap pool.

”

Luxe living ... Komune's villas are roomy, comprising separate living pavilions and up to two pools.



An advertisement for STIHL power tools. The top right corner features the STIHL logo in white on an orange background. Below it, a collection of various power tools is displayed against a white background with a torn paper effect. The tools include chainsaws, blowers, trimmers, and pressure washers. At the bottom, the text reads: "FROM DIY TO COMMERCIAL, MILLING TO BRUSH CUTTING, BLOWERS TO PRESSURE CLEANERS, GET IT ALL AT". In the bottom right corner, there is a logo for "BISHOPS" featuring a bulldog's head. Below the advertisement, there is a yellow banner with contact information for six locations: Port Moresby, Lae, Kimbe, Kokopo, Madang, and Mt. Hagen. Each location lists a warehouse and home office address, phone number, and fax number.

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A surfing mecca for all

Lap of luxury ... the resort's main pool is perched on the beach, offering uninterrupted views of the famous Keramas surf break and the Lombok Strait.

from the front of the resort and the wave so challenging that even world champion Kelly Slater rates it as one of the best.

On my arrival, the friendly smiling staff lead me to my simple resort room. Komune has 66 four-star rooms and a range of one, two, and three-bedroom villas. At the end of last year, Komune debuted its first five-star offering, 22 beautifully appointed beachview suites with sun decks and private pools overlooking the famous Keramas break.

Even the beds are placed so the surf break can be viewed from the pillow.

While my dorm-style resort room is set far back from the beach, among the gardens, and is the lowest rung on Komune's accommodation ladder, it is comfortable, compact and refreshingly simple. Above the large bed hangs an arty photo-on-canvas of a cool surfer dude waxing his board.

I feel instantly comfortable.

Time to explore, and I head out, following the stepping-stone paths winding through Komune's vast landscaped grounds flourishing with tropical plants. Fancy some retail therapy or pampering? Not a problem. The resort's boutique is brimming with racks of attractive clothes, tasteful souvenirs and jewellery.

Adjacent, there is a hair salon that also has massage rooms. ➤

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A surfing mecca for all

I spend a few hours in here over the next few days receiving excellent treatments and relaxing afterwards on benches in the gardens with ginger tea. It is impossible not to unwind.

Komune's central pathway leads on through the gardens and organic produce beds to the beachfront and Komune's beach club area. I can find either a deck chair by the main pool on the left or take up a pew at the circular bar and restaurant. Either place is ideal for taking in a view of the ocean, the surfers, socialising and relaxing.

Should I hanker after more serenity I can head back into the grounds and find a spot anywhere within the health hub area. Komune added this area in 2015, two years after it opened, and in my opinion it is one of the best features and a major reason why I'll go back ►



All the trappings ... beachfront suites with plunge pools are Komune's newest level of accommodation. Designer furnishing help create the full five-star effect.



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A surfing mecca for all



Carving it up ... Bali's famous Keramas surf break.

The adults-only domain is surrounded by tropical gardens, comprises a large restaurant and bar, three yoga pavilions, a gym with surfing simulator, and a sparkling 25-metre lap pool surrounded by large lounges. The pool also has a shallow area filled with a row of partially submerged deck chairs so one can enjoy the sunshine. Pure luxury.

I order a soul and body-restoring meal of grilled prawns, salad, and a freshly squeezed juice made from organic vegetables harvested on-site.

The next morning I rise with extra zing for yoga with Komune's Nicole Cain, a passionate and experienced yogi who reignites my own enthusiasm for the ancient Indian practice.

Komune offers up little surprises here and there as well, such as the duck parade that takes place almost every afternoon on the beachfront when a local farmer shepherds his feathered charges along the shore, much to the delight of guests having afternoon cocktails by the pool. ■

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

NEED TO KNOW

STAYING THERE
Resort rooms start at around \$US90 per night, beachfront pool suites \$US200 and two-bedroom villas \$US350. The hotel is about 40 minutes (in light traffic) from Bali's airport.

MORE INFORMATION komuneresorts.com

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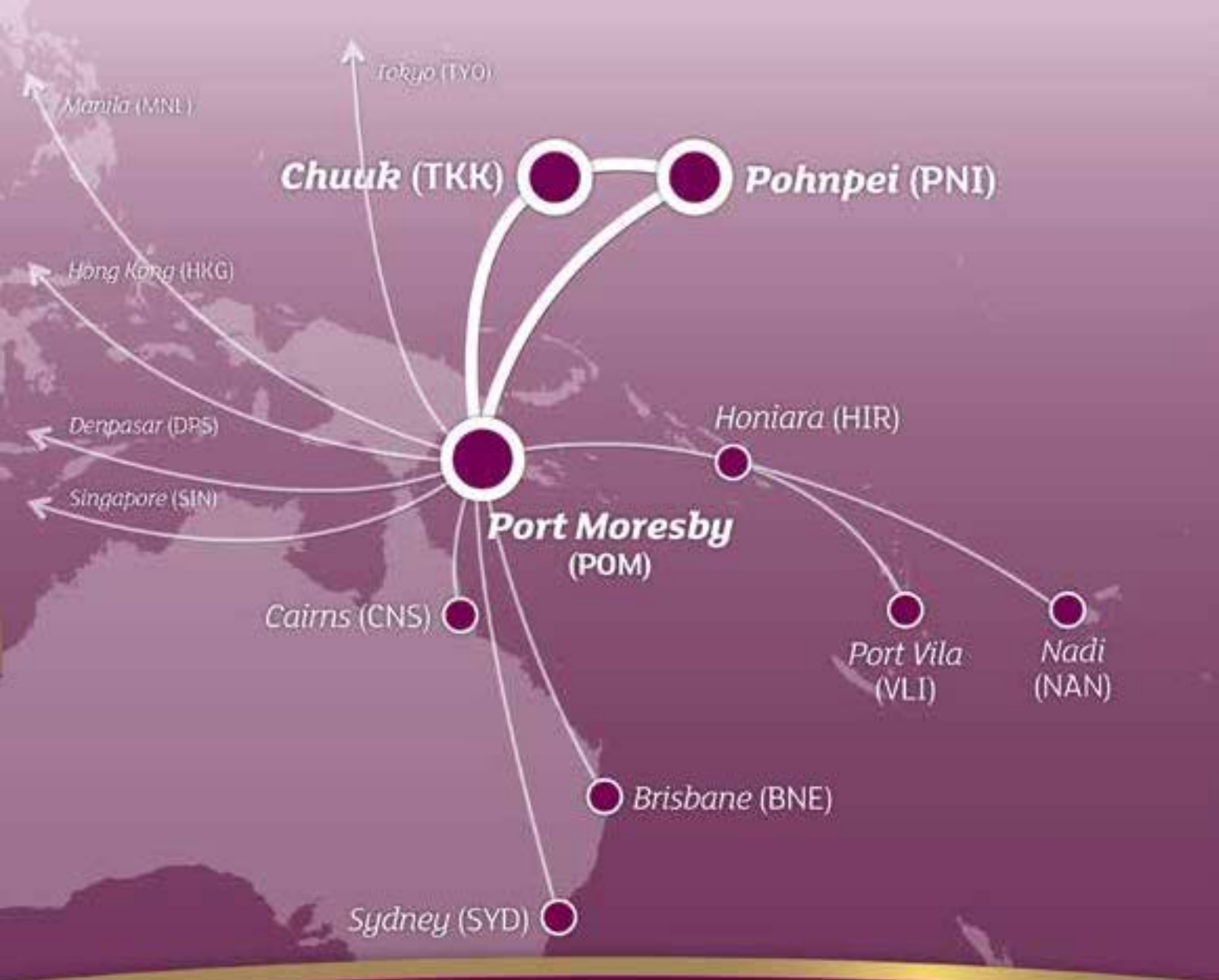
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STREET CRED

Penny Watson takes a wander down Sydney's fashionable Kensington Street.



Chippendale's Kensington Street in Sydney, Australia, is a hip new downtown destination and the Old Clare Hotel is the cool boutique charmer at its heart centre.

It's not obvious which came first, but the combination is a winner for Air Niugini passengers in Sydney. This once dead-end of town, with vacant industrial buildings and a whiff of being too close to the grunginess of Central

Station, has been transformed into an inviting mix of intriguingly new and lovingly old.

The boutique hotel, opened in 2015, is the street's most notable landmark. It's the creative vision of Loh Lik Peng, the Singaporean founder and owner of Unlisted Collection hotels, who took two iconic heritage-listed buildings – the former Clare Hotel pub and the Carlton and United Breweries administration building – and joined them by a glass link-way.

The 62-room and suite hotel retains the charm of old while embracing the eccentricities of the hip and new. Its ground level, street-accessible venues have been designed to put guests among locals.

The former indie rock pub (a favourite for the area's many university students) has been

turned respectfully into an art deco-inspired retro 40s cocktail bar – with all the heritage features intact.

Two restaurants, Jason Atherton's Kensington Street Social, and hatted restaurant, Automata, attract foodies from far and wide.

The rest of the street is continually evolving. Red lantern-lit laneway Spice Alley, a hawker-style food strip selling Hong Kong and Cantonese cuisine, has been book-ended by Holy Duck, a Chinese street diner and burger joint. At the other, queue-inducing Koi Desert bar has an Asian-inspired menu where the flavours of savoury and sweet are harmoniously balanced.

Kensington Contemporary, a gallery for emerging and established artists, resides in one of the street's beautifully

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“

This once dead-end of town, with vacant industrial buildings and a whiff of being too close to the grunginess of Central Station, has been transformed.

”





Walkabout ... (from left, opposite page) pedestrian-friendly Kensington Street; the dining room at the Social restaurant; an Old Clare bedroom.

restored two-storey terraces, while a lovely row of colonial worker's cottages has (long-term) pop-ups including Kakawa Chocolates, specialising in single origin chocolate from Madagascar to Venezuela, and

artisan cobbler EOD, dedicated to stylish shoes with an emphasis on comfort.

Further along the street Handpicked Cellar Door is a new winery concept where visitors can taste and buy wine cellar-

door style, or sit and sip like you would in a wine bar.

Not far from Kensington Street, Chippendale Green is an urban renewal project featuring Jennifer Turpin and Michael Crawford's Halo, a huge kinetic

sculpture, and One Central Park, a new-age building with a cantilevered heliostat and green walls with 250 native plants.

Specialising in contemporary Chinese art, White Rabbit Gallery is one of more than a dozen arty havens hidden in the leafy Chippendale streets. If you're hungry, Ester and LP's Quality Meats are local hits, and don't go past the Persian love cakes at Brickfields bakery. ■

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REVIEW: RABAU HOTEL

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WHO STAYS? Tourists, business people, prime ministers and even Prince Andrew.

HOW BIG? 40 keys.

COST Backpacker, twin and double rooms start at PGK220. Deluxe rooms overlooking the garden are PGK385, and executive king suites with balcony are PGK440.

CHECK IN AND OUT 2pm / 11am

HIGHLIGHTS Owner Susie McGrade beams loveliness and the place hums with her vivacity. The hotel can put you in touch with local tour organiser Albert, who provides bespoke days out and hilarious chatter.

NEARBY Within walking distance to the market, supermarkets and ATMs. Also 20 metres to the bus stop providing access to attractions such as Rabaul Volcano Observatory, Rabaul Peace Memorial, Rabaul Museum and volcanoes.

Wi-Fi:	✓
Fee for Wi-Fi:	✓
TV:	✓
Air conditioning in room:	✓
Ceiling fan:	✓
Business centre:	✗
Gym:	✗
Room service:	✓
Swimming pool:	✓
Airport transfers:	✓
Hotel arranges tours:	✓
Breakfast included in room charge:	✗

WHAT GUESTS LIKE

"Very good Asian food. Great location close to the volcano. Friendliness and welcoming from owner." – Booking.com

"Lovely place that feels like home and super-friendly, helpful staff. Susie is a delight." – TripAdvisor



PICTURE: KATHLEEN PRIOR

LOCATION

Once a hive of activity, the town of Rabaul was evacuated and destroyed by volcanic eruptions in 1994. Now, it's popular for stunning scenery and beaches, with scuba diving and snorkelling one of its tourist allures.

THE PLACE

Established in 1952, Rabaul Hotel is a classic, with all the old-school charm and a sprinkle of eccentricity that you'd expect in an older property. Steeped in history, it even harbours its own secret Japanese war tunnel, more recently used as a wine cellar. Hiding behind a humble front is the hotel's charming and expansive courtyard, complete with an all-year swimming pool and lush lawns. Flowers bloom in the well-tended garden, and the sweet scent of frangipani fills the air.

Buildings in cottage cream with navy woodwork bear a few cracks around the edges – but this is to be expected, given they've survived a world war and two major volcanic explosions. After both eruptions, the Rabaul Hotel was the first in the town to reopen its doors.

IN THE ROOMS

Rooms are bright, spacious and fully furnished. My executive king room came with a mirrored dressing table, as well as a sofa and coffee table. Floor-to-ceiling windows offer views of the tropical coast. Bathrooms are clean and there is endless hot water. Tea and coffee-making facilities are provided, and there is a fridge stocked with chilled water and milk. Rooms also include a TV and safety deposit box.

FOOD AND DRINKS

In the aptly named Phoenix restaurant, crisp white tablecloths and dimmed lighting create a cosy, elegant ambience. The chef has been working for the Rabaul Hotel for decades. He serves Asian-inspired dishes, excellently executed and in plentiful portions. Above diners' heads, is the largest *tabu* wheel in the Pacific, believed worth more than PGK30,000. Breakfasts are a la carte – the French toast smothered in maple syrup is highly recommended. Fresh fruit smoothies are made to order, and fine local coffee and cafetières are provided for guests to help themselves.



Three of a kind ... waterfront restaurants



BOATHOUSE RESTAURANT, MILNE BAY, PNG

Tucked away in the rainforest about five minutes' drive from Alotau town in Milne Bay, Driftwood Resort is home to 11 elegant wooden waterfront and garden bungalows, and one of Papua New Guinea's best-kept dining secrets, open to guests and visitors both. Set in an open-sided bungalow off the main building and spilling out onto the jetty, the Boathouse restaurant and bar serves up seafood pulled straight from the ocean, fresh local vegetables, juicy steaks, tasty pizzas and more.

SOMETHING SPECIAL

The seats out on the jetty are the most coveted: the water laps beneath you, and dolphins and fish jump out of the water as you sup and sip an ice-cold beer or a glass of white wine from the bar. For a romantic touch, get there in time to watch the sun set over Milne Bay.

DON'T MISS THIS DISH

The menu changes regularly, but the lobster, tiger prawns, fish and crab are some of the freshest you'll find in the South Pacific. Also, they do an excellent local battered fish and chips.

DETAILS

Open for breakfast, lunch and dinner; driftwoodresortpng.com.



KU DE TA, BALI, INDONESIA

The chic European-style beach club vibes and spectacular location right on Seminyak Beach have kept Ku De Ta humming since it opened 16 years ago. Come for a champagne breakfast or grazing lunch on the day beds by the pool, or for the electric sunset when the restaurant morphs into a relaxed la carte venue, complete with candlelight and cocktails. Either way, you'll be treated to warm ocean breezes, cool DJ sets and views of the ocean and sprawling green lawns framed by coconut palms.

SOMETHING SPECIAL

This is the Seminyak spot to see and be seen. Make sure you bring your biggest sunnies to maximise your people-watching capabilities.

DON'T MISS THIS DISH

There's deliciously delicate sushi and wood-fired pizzas on the menu, but really, the duck salad with soba noodles, snow peas, *edamame* and pickled ginger can't be beaten. Oh, and the yellow-fin tuna ceviche? Order that, too.

DETAILS

Jalan Kayu Aya, No. 9, Seminyak; kudeta.com. Open 8am to late, daily.



MADAME WU, BRISBANE, AUSTRALIA

It's hard to take your eyes off the views of the Brisbane River, Story Bridge and Kangaroo Point, but you must stay focused because the modern Asian fusion cuisine served here really is outstanding. Whether you're going for dumplings or duck, you'll also be wanting to try a cocktail – the Sichuan margarita with tequila, ginger liqueur, lime juice and chilli is a standout.

SOMETHING SPECIAL

The chic fit-out of Madame Wu, which uses lots of glass, wood and low lighting to slick effect, includes a tree sculpture as its centrepiece, created especially for the restaurant by Sydney artist Kim Akimovic.

DON'T MISS THIS DISH

Try wok-fried Moreton Bay bug with XO sauce, and the beef cheeks braised in rock sugar and soy, black bean and chilli sauce. The cheeks are prepared and cooked over three days before being served, so they fall apart in your mouth. Truly delicious.

DETAILS

Riparian Plaza, 71 Eagle St, Brisbane; madamewu.com.au. Open 12pm to late, daily.



TIME TRAVELLER

Central Province, 1960

After arrival in Papua New Guinea from Australia, 18-year-old cadet patrol officer Chris Warrillow (in hat at centre) was posted to Kairuku on Yule Island. An early assignment was to travel by motorised double canoe to investigate village unrest. Warrillow relied on locals for guidance, including Bill Bray (crouched over, nursing the outboard motor) and Bera Baupua (standing in white shorts) as primary translator and mediator. The photo was taken by sergeant major Abel Bonga.

— JOHN BROOKSBANK

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



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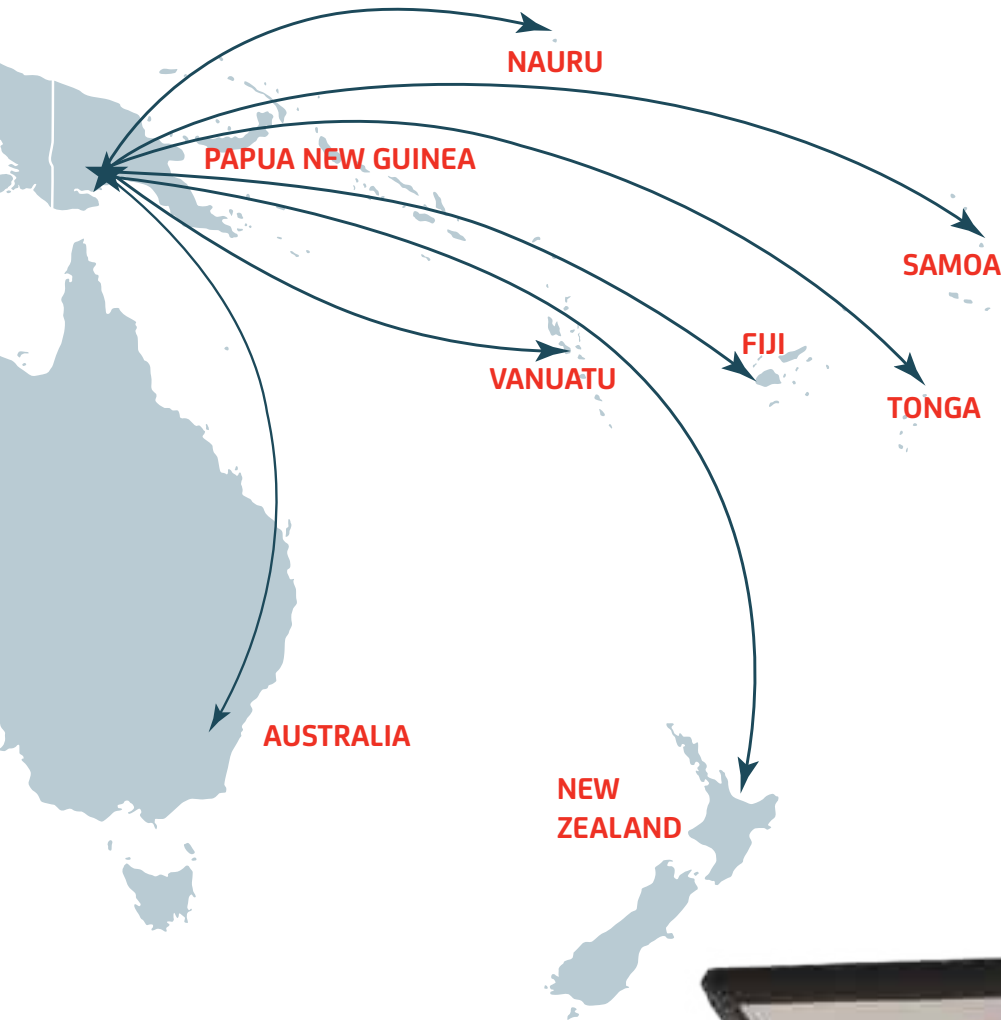
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CULTURE WARRIOR

Richard Andrews meets anthropologist and explorer Wade Davis, a true-life Indiana Jones.



PICTURES: WADE DAVIS, XANDRU URIBE, MONIQUE GAUSSERAND

In the field ... Wade Davis in Columbia (inset); and one of his photos of Kaningara men dancing in the Middle Sepik River region of PNG.



Rated by his students as 'one of the coolest humans on the planet', Wade Davis is also a celebrated anthropologist, explorer, film maker, culture warrior, and even 'a true-life Indiana Jones'.

Davis describes himself more modestly as just a storyteller.

The Vancouver-based professor has investigated zombies in Haiti, lived and hunted with tribes along the Amazon, and explored vanishing indigenous cultures from Borneo to Tibet.

Trained in anthropology and botany at Harvard University, Davis travels the globe to document 'ancient wisdom' in books, articles and

documentaries such as the critically-acclaimed TV series *Light at the Edge of the World*.

He was a *National Geographic* explorer-in-residence for 13 years and recently published a collection of photographs from his many journeys.

Davis' PNG expeditions include the Trobriand Islands and the Sepik River, as well as the Eastern and Southern Highlands,

“
PNG is an old-growth forest of the
human mind
and incubator of human languages.
”

where he studied the Sambia and Huli communities.

“PNG is an old-growth forest of the human mind and incubator of human languages,” he says.

“The land is an extraordinary convergence of geography and culture, with up to a thousand languages, or more.”

Davis regards each of these languages as “a different way of looking at the world” and

“a knowledge that we need to preserve”.

Davis is also enthralled by ancient Melanesian knowledge of stars, currents, clouds and wave patterns.

He sailed the Pacific in a seafaring canoe with descendants of navigators who reached the region's most remote islands 3000 years ago.

“These young sailors on the *Hokulea* (voyaging canoe) used their ancestors' navigation techniques and the skill set is simply dazzling,” he says.

Davis believes climate change has made it important to learn from other cultures, “to balance ourselves so that we do not destroy what is around us”. ▶



Culture warrior



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Culture warrior



Snapshots by Davis ... a Huli man applying pigment to his face in the Tari Valley (far left); a woman gardening near Mount Hagen.

"My mission is to change the way the world views and values different cultures," he says.

The origin of that mission dates back to the 1950s. Davis was raised in a middle-class Montreal suburb in Canada at a time when the mutually suspicious English and French communities often lived in separate areas.

"As a youngster I remember looking across Cartier Boulevard, enchanted by the idea that across the street was another language, religion and way of being," he says.

"My oldest sister fell in love with a francophone boy and shattered the boundary. As a result I slipped through that line and started hanging out in the French-speaking village."

At the age of 20, Davis 'slipped through' a more dangerous line

when accompanying the renowned English author and explorer, Sebastian Snow.

By foot, they crossed the Darien Gap, a remote stretch of swampy forest on the border of Panama and Colombia. The notorious black zone has long been home to pirates, malaria, poisonous snakes and armed drug smugglers.

Apart from the adventure, Davis was attracted by the area's indigenous groups, rare wildlife and exotic plants.

Since then, he's put his survival and botanical skills to good use by investigating coca growth in Colombia, as part of the US government's efforts to control cocaine trafficking.

"I'm now working to help Colombia reposition itself in the global community after ➤

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Culture warrior

years of agony caused by global consumption of cocaine," he says.

"The country's rebounding after years of agony that left 250,000 people dead and seven million displaced."

Davis argues strongly that everyone who's used cocaine "has blood on their hands".

"You've got young, hip bankers in London who donate money to save the rainforests. Yet they sniff cocaine at night in the bars, without realising that every time they use it, they kill an Indian."

Davis is often asked how he breaks down the barriers when he's a guest of Indians and other indigenous groups. How do you get a shaman to reveal his secrets?

His response is very Canadian: self-deprecation and politeness. "Instead of declaring 'I want to

study you,' you say: 'You know so much about the plants, I'd like you to teach me about them.' Studying plants, makes sense to people. You're exploring their base of knowledge, their wisdom."

According to Davis, building rapport also involves good manners by eating what's offered to you, whether its live termites in the Amazon jungle, or barbecued bats in the PNG Highlands.

"I would eat a plate of food that I knew would give me dysentery," he says. "I used to call it the Dysentery Breakfast. As long as it doesn't kill you, you eat it."

In fact, he's found that sharing food is an important gesture of friendship in all the cultures he's studied. He gives the example of drinking rice wine in an Iban longhouse in Sarawak.



Young at heart ... Wade Davis with machete in the Brazilian Amazon in 1983.

"I had my head in the lap of this wonderful local woman who kept pouring wine into my mouth. I didn't want to get drunk and have a hangover in the tropics, but she said: 'You must drink it. This is not wine this is our love.' And kept pouring."

Nevertheless, there have been some limits to what Davis will drink. During the 1980s he investigated claims that Haitian witchdoctors could keep people in a pharmacologically-induced trance for many years by slipping them a tetrodotxin poison derived from the puffer fish.

Reports said the poison brought on a state of apparent death that could fool a physician. And the so-called 'dead' could later be

'brought back to life' as zombies.

Davis published his investigations into zombies and voodoo culture in a controversial book called *The Serpent and the Rainbow*. It sold well and inspired a Hollywood horror flick of the same name.

Now in his mid-60s, Davis still travels rough and is planning further adventures, including making a documentary in rural Tibet.

"A lot of people my age are thinking about retirement," he says. "But I've never had a job and am still thinking about what I'll do when I grow up." ■

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Wade Davis Photographs is available at amazon.com. In the book, Davis has selected 150 of his favourite photos from a lifetime of exploring.





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“

The first time she wore one of her creations into town it created a controversy. Onlookers thought she was crazy.

”

BILUMS, WITH A TWIST

Sandhya Dusk Nand
reports on the colourful creations of
Florence Jaukae Kamel, aka *Bilum Meri*.



Papua New Guinea is a land of surprises. What you expect is not what you get. So it goes with the *bilum* weaving of Florence Jaukae Kamel. The Goroka mother of five has started a stylish evolution by weaving *bilum* dresses.

The first time she wore one of her creations into town it created a controversy. Onlookers thought she was crazy. You don't wear a *bilum*, you carry it. Put food in it.

The *bilum* is a way of life in PNG, as ubiquitous and practical a companion as a handbag is to an urbanite. In the past, *bilum* mainly meant the bag worn on a woman's head to signify that she is married, and now it is used widely as a bag carried over the shoulder.

Jaukae Kamel had gone through an emotional marriage breakup when she turned to her roots and found comfort in weaving *bilum*, a

tradition she had learned from her grandmother.

She was always drawn to fashion, par for the course for a weaving artist, and this time fate guided her hands to weave a dress instead of a bag.

She wanted to shake the establishment and look good doing it, so she made more dresses, other *bilum* creations, and wore them everywhere. The 'controversy' spread far and wide. Soon after, she started receiving orders and an industry was born.

It is because of Jaukae Kamel that *bilum* now means the *cloth* that the bags are woven out of, instead of (just) the bags.

Jaukae Kamel first showcased her creations in 2000 at the Miss PNG pageant and has gone on to show collections at the respected Stella Runway, exhibited at the Gallery of Modern Art in Queensland, Australia, given talks at Raffles College of Design in Sydney, taught and showcased her skills at the London College of Design, and at Parsons, a prestigious design school in New York.

She is the managing director and principal artist of Jaukae Bilum Products and the founder of the Goroka Bilum Weavers Cooperative (established in 2003 to share the success of the business and help less fortunate women) as well as the Goroka Bilum Festival, which she started in 2009.





On parade ... the colourful *bilum* dresses created by Florence Jaukae Kamel. She's pictured below.

As savvy a businesswoman as she is a designer, Jaukae Kamel held her first festival just before the popular Goroka Show, to take advantage of the influx of tourists.

She also invited Pacific Trade Invest to see what she was doing. With the agency's help she was able to hire other women to help her weave and the business grew. Since then, she has been in demand as a trainer, as a designer and as a motivational speaker.

Prior to last September's Bilum Festival, Jaukae Kamel was in Sydney as a liaison weaver with Australian



group, Among Equals (see next page), a social enterprise focusing on empowering disadvantaged women and their families. Jaukae Kamel creates *bilum* dresses, hats and scarves in a variety of colours, patterns and materials (traditionally plant fibres but now wool) depending on the tastes and budget of the buyer.

Her creations are all over the world, worn by fashionistas and fashion editors alike. Her wearable art has made her the face of contemporary PNG fashion.

She now aims to open an online shop and to create more job opportunities for women. ■

Bilum bags becoming a trendy fashion accessory around the world, see next page.



IN THE BAG

Bilums are catching on around the world, thanks to a social enterprise called Among Equals, which channels profits back to the makers. *Mary O'Brien* reports.

Every bag tells a different story. From carry all to marriage symbol to fashion item, *bilum* bags are hot right now.

The Papua New Guinean woven bags have been discovered by socially conscious fashionistas around the world who want something unique.

Australian textile designer Caroline Sherman fell in love with *bilum* bags during a visit to a

Pacific Island trade fair in Sydney in 2014. A month later she travelled to PNG, where she realised the women's conditions were basic and they needed a way to earn money.

Sherman founded Among Equals, a social enterprise, in 2015 to



work. "I realised these were women telling their stories and it wasn't about me or my idea of what a story should be," she says.

Sherman works with 100 women in four areas: Goroka, Mount Hagen, Madang and Sepik.

sell-out. The bags were originally only available online but Sherman is now liaising with stores in Los Angeles, New York and London to stock Among Equals *bilum* bags. ■

See amongequals.com.au.



The women weavers ... each *bilum* bag they make is individually handwoven. Pom poms are added to give the bags a modern look.

market the bags online, and 100 per cent of the profit goes back to the community.

Each bag is different, handwoven using natural fibre, coloured wool or acrylic fibre. Back in Sydney, Sherman adds pom poms, tassels or amulets as a contemporary twist.

"The bags are beautiful and, once you hear the story, each one is like an art work; the more you know the more enriching it is," says Sherman.

She originally asked the women to follow her designs but it didn't



She hopes in five years she will be working with 500 women.

The money raised by Among Equals has helped to build a safe house for the women.

The Blue Haus has electricity, running water, a concrete floor and walls and the women can go there to cook, sleep, weave or take shelter.

A recent exhibition of the bags at Koskela Gallery in Sydney was a





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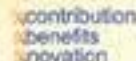


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A PIECE OF PNG: GARAMUTS

WHAT ARE THEY?

Garamuts are slit-drums or gongs, traditional musical instruments

made and played by numerous cultures around the country. Carved from a log, the hollow

chamber of the drums produces a loud sound when the top surface is struck. *Garamut* is a pidgin word, derived from a Kuanua term meaning 'long drum'.

WHERE WERE THEY TRADITIONALLY MADE AND PLAYED?

They were traditionally made and played in regions of coastal and riverine New Guinea, from West Sepik down to Morobe, the islands of Manus, New Britain, New Ireland and the North Solomons. They are not found in the Highlands or Papuan regions.

WHO MAKES THEM?

Garamuts are manufactured by men, especially in regions such as the Sepik, where they are part of secret male cult paraphernalia.

HOW ARE THEY MADE?

Carved from hardwood, they are made today using steel hand tools but in the past construction would have been more time-consuming, using stone axes or adzes to cut, shape and decorate. In simple terms, a *garamut* drum is a hollowed out wooden cylinder that usually has a lug or handle at each end, for decoration and to assist moving the instrument.

HOW ARE THEY DECORATED?

The presence, and degree, of decoration depends on where the drum comes from. In the Sepik and Ramu areas, carved and relief decoration of the drum body and handles can be very ornate, reflecting those local cultures.

The drums used today by performance troupes are often brightly painted.

HOW WERE GARAMUTS USED TRADITIONALLY?

They were played in a variety of ceremonies, celebrations and dances, known as *sing sings*. In some areas drums are struck vertically with the end of one or two drumsticks. In other places, such as Manus, they are struck repeatedly across the slit with two smaller drumsticks to create a staccato beat. *Garamuts* were also traditionally used for communication, for example to summon people back to the village from the gardens because of an important event. In Manus, it is common to have an ensemble of *garamuts* of various sizes – a large bass drum almost two metres long held and played vertically, along with two or three smaller drums, which depending on their size, produce sounds of a different pitch.

WHERE CAN GARAMUTS BE BOUGHT?

Due to their size, shape and bulk *garamuts* are not usually made for the tourist market, although occasionally you might be lucky enough to find a small child's drum that would be more transportable. These traditional instruments are still used in ceremonies and by performance groups, so the best place to see them is in villages and rural areas. ■

– JOHN BROOKSBANK



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“ PNG’s rugby league fans are widely regarded as the most dedicated and enthusiastic in the world. ”

Passion play

With the Rugby League World Cup under way and PNG one of its host nations, *Brian Johnston* looks at the history of a national obsession.

Rugby league isn’t just the most popular sport in Papua New Guinea, but something of a mania. The sport is part of the school curriculum, and the country’s official national sport. Over a thousand teams are estimated to be grouped into clubs and 40 leagues across PNG. As for rugby league’s fans, they’re widely regarded as among the most dedicated and enthusiastic in the world.

Some of the country’s biggest television audiences gather to watch the national men’s team, the Kumuls, or Australian state-of-origin matches. Stadiums are regularly sold out when the Kumuls take to the field.

Such fervour might seem surprising given the relatively youthful nature of rugby league in PNG. It was likely first introduced in the 1930s by Australian miners and settlers and reinforced in the 1940s by Australian troops stationed and fighting in PNG. The PNG Rugby Football League was founded in 1949. Still, until the late 1960s it was played mostly by expats, although it attracted growing spectator interest.

Things started to change in the early 1970s. A national rugby league team took part in the inaugural Rugby League Pacific Cup in 1975, which was hosted by PNG.

It finished a reputable second, defeated in the final (38–13) by New Zealand Maori.

It was a long wait after that for the ultimate triumph, but in 2009 (with PNG again the host nation), the Kumuls took out the tournament with a resounding 42–14 victory over the Cook Islands.

In 1974, PNG became a member of what is now known as the Rugby League International Federation, which placed it on the international sporting stage. Although its first Test match saw a 40–12 defeat by England, its first Test win came shortly afterwards when the Kumuls beat French team Les Chanticleers (a thumping 37–6) in Port Moresby.

In subsequent years, PNG further impressed with valiant – if ultimately losing – performances against France and New Zealand.

The growing confidence of the PNG national team saw it attend its first Rugby League World Cup in 1985–88, at a time when the tournament was formatted over a three-year period. The Kumuls again caught the world’s attention by beating New Zealand in a thrillingly close early-round match in Port Moresby.

Things didn’t go so well in subsequent World Cups, though PNG’s 28–28 draw against Tonga in England in 1995 saw it advance further than ever before in the competition.

The 2000 World Cup, however, would go down in the sporting history books when PNG opened the tournament with a sensational





Kumul action ... a PNG player on the burst during a match against an Australian Prime Minister's XIII (opposite page); face of determination; the Kumuls in a huddle.



PICTURES: DAVE BULLER

23–20 victory over host nation France in Paris, and followed it up with wins over both South Africa and Tonga. Two million Papua New Guineans – about a third of the entire population – tuned in to the televised quarter final against Wales. Although the Kumuls were defeated 22–8 it was their best achievement in a World Cup. Tens of thousands of fans swamped Port Moresby airport to cheer the team's return.

While rollercoaster losses and wins were unfolding internationally, the country was developing rugby league nationally, too. In 1990, the SP Inter-City Cup was established as the first national competition, modelled on the format of the Australian National Rugby League. After changes in sponsorship names over the year, it is now called the Digicel Cup, after a mobile-network supplier. Properly speaking, it has been the Papua New Guinea National Rugby League Competition (or PNGNRL) since 2005.

While this is the premier domestic competition, there are numerous others,

including the Port Moresby League and the Nokondi Cup, created in 2007 to bring together local teams in Eastern Highlands Province.

In December 2008, the PNG Women's Rugby League was founded, reaching its culminating achievement this year by placing a national team at the World Cup.

Many PNG players also compete – and have become big stars – in the Australian National Rugby League, particularly in Queensland, where 20,000 Papua New Guineans live, and to which others are prepared to fly for matches.

The Port Moresby Vipers and more recently the PNG Hunters have been prominent in the Super Cup tournament, the top level of rugby league club competition in Queensland, contested by 14 teams.

The Hunters joined the competition in 2014 and won the premiership this year. All their matches in Queensland are shown live on national television in PNG.

Rugby league hit a turbulent time in 2010, with clashes over junior development, control of the national team and governing body, and controversy about the numbers of Australian-based players being picked for the national team. Lately, though, things have been on the upswing again.

A team of very experienced players in the national squad in 2016 saw the Kumuls defeat Fiji 22–10 in a Pacific Rugby League Test final in Sydney, after a near-miraculous comeback in the second half of the match that drove the nation to a frenzy. It was the team's first international away win since 2000. This year's World Cup could be another moment to shine. But whatever happens, one thing is assured: PNG's obsessive rugby league fans will be cheering from the sidelines. ■

For the schedule, viewing details, and the latest results in the 2017 Rugby League World Cup, see rlwc2017.com.

WORLD CUP 2017

■ The 15th Rugby League World Cup started on October 27 and is being played across Australia and New Zealand, plus Port Moresby. PNG last hosted in 1991. This year, 14 men's and six women's national teams are taking part. Both finals will be in Brisbane on December 2.

■ In the opening rounds, the PNG men's team has been drawn to play Wales, Ireland and the US, all at the National Football Stadium in Port Moresby. The Kumuls have never played Ireland or the US in a World Cup, and have been defeated three times in their three matches against Wales.

■ The PNG women's team, the Raggianas, plays England, Canada and New Zealand, all at Southern Cross Group Stadium in Sydney.

■ The Raggianas are competing in the World Cup for the first time. The team's moniker is derived from the official Latin name, *Paradisaea raggiana*, for the *kumul*, or bird of paradise, which is the national emblem of PNG and appears in silhouette on its flag.



PICTURES: COURTESY OF AUSTRALIAN WAR MUSEUM & US ARMY SMALL SHIPS ASSOCIATION



LITTLE BOATS,



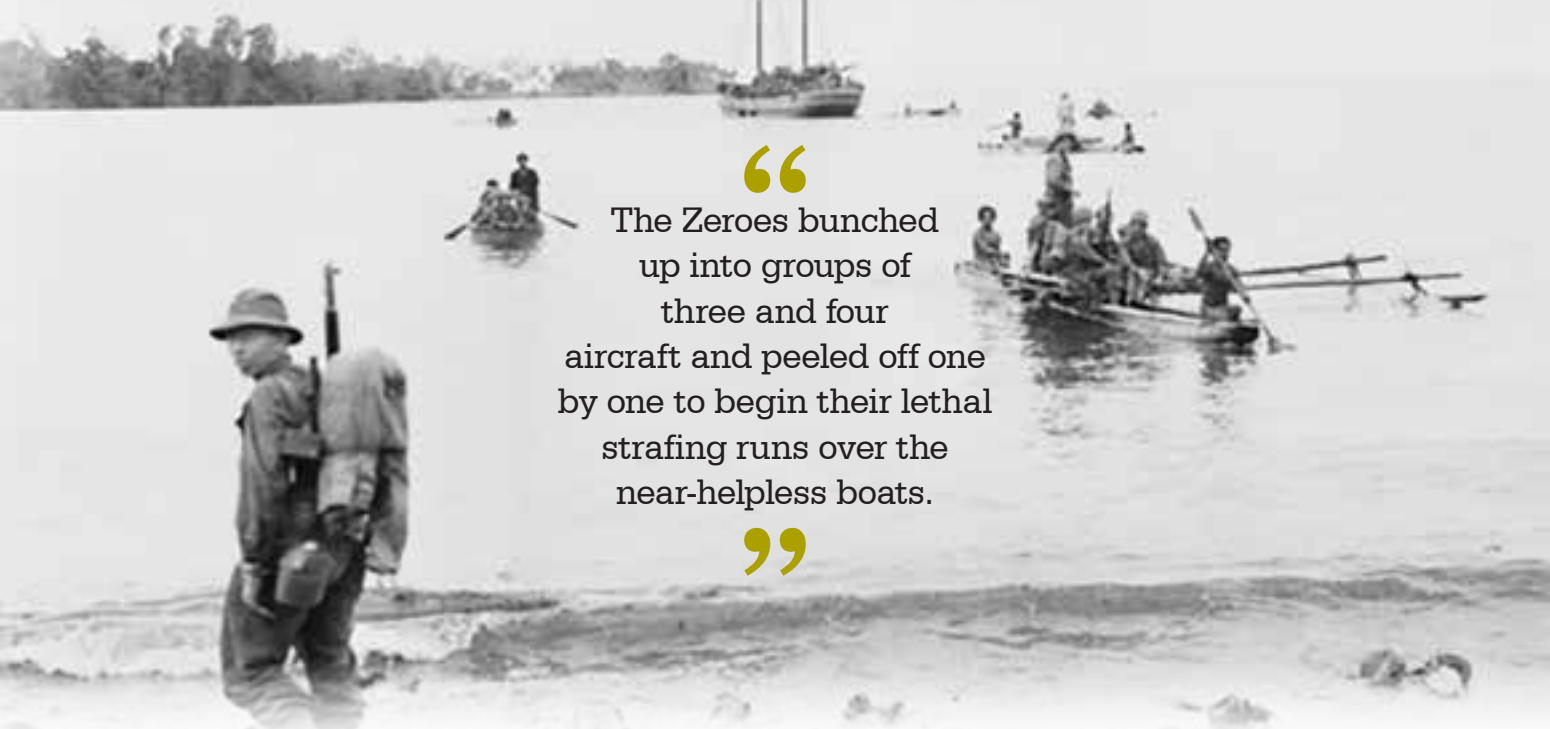
BRAVE HEARTS

Roderick Eime recounts the story of a fleet of small boats, crewed by old men and boys, which helped in the war effort in PNG.



Mighty minnows ... (clockwise from top left) the flag of the Small Ships section; unloading supplies; one of the boats in the fleet; a US small ship at anchor, possibly at Tufi; skippers in the small fleet Jack Savage and Neil Sandery; big guns by the boat load.





“
 The Zeroes bunched
 up into groups of
 three and four
 aircraft and peeled off one
 by one to begin their lethal
 strafing runs over the
 near-helpless boats.
 ”

Shore party ... US troops near Buna during the advance on Japanese forces in 1942.

The distant drone of aircraft engines disturbed the quiet of the balmy tropical evening sky. A convoy of ‘tiny’ ships had dropped anchor and their crews were about to begin the frantic task of unloading their cargo of valuable supplies for the Allied war campaign that was due to start the next day.

It was mid-November, 1942, and things were critical for the Allied forces who were just coming off the back foot in their fight against the all-conquering Japanese.

Australian land forces, under the command of controversial General Thomas Blamey, were enjoying some measure of success after driving the Japanese infantry back from the threshold of Port Moresby, across the now legendary Kokoda Trail to their stronghold of Buna-Gona on the northern shore.




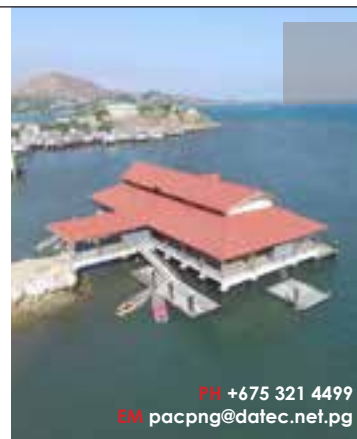

But right now, a rapidly rising dread was sweeping over the crews and their uniformed passengers as it was realised the sound was coming from a

squadron of 17 Japanese Zero fighters that had spotted them, unescorted, just offshore from their beachside supply base at Hariko, a stone’s throw east from Japanese defences around Buna.

Packed into the holds of the tiny vessels were tonnes of crucial ammunition and supplies for the US and Australian forces, who were poised to begin their assault on the entrenched enemy on the beach and in the swamps and plantations along the shore. There was no time to unload the many

crates and boxes – and the canoes being paddled out to collect the cargo quickly about-faced and made a beeline for the shore and the cover of jungle.

Many of the soldiers crowded on the decks could not swim and instead took cover wherever they could behind the crates and below decks. Papuan deckhands neatly slipped over the sides and into the water while the skippers tried to run their vessels through the reefs and onto the beach. ➤

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Little boats, brave hearts

With practised precision, the Zeroes bunched up into groups of three and four aircraft and peeled off one by one to begin their lethal strafing runs over the near-helpless boats. Soldiers cocked their rifles and the solitary machine guns awkwardly installed on the decks sent bursts of futile fire in the direction of the swooping attackers.

Before their hurried conscription into logistic service with the US Army's Small Ships section, these vessels had enjoyed benign careers as fishing trawlers, private yachts and ferries.

The two-masted schooner, *Alacrity*, was the largest in the bay that evening and carried almost 200 of the around 300 people in the little convoy, including a field hospital and its supplies as well as

100 tonnes of ammunition.

The smaller former fishing trawler *Minnamurra* was likewise packed, as was the ex-Sydney fishing boat *Bonwin*. The fourth vessel was a captured Japanese barge left behind by the Japanese during their failed attempt to capture Milne Bay, three months prior. It carried two 25-pounder field guns, their crew and loads of ammunition.

Many of the passengers that evening were important officers who would command the ensuing campaign, including General Forrest Harding and an Army observer from Douglas MacArthur's headquarters in Sydney's Grace Hotel, Colonel Herbert Laux.

Aboard the *Minnamurra* was acclaimed *Daily Mirror* war



Decked out ... Browning machine guns were installed on the decks of small boats (above); US troops travelling by lugger in 1942 (opposite page).

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correspondent, Geoffrey Reading, and his friend and ship controller, US Army captain Jack Keegan. Australian photographers Frank Bagnall and Tom Fisher were also members of the media along for the ride, chaperoned by former journalist and now army captain, Keith Black, attached to the PR section.

It must have been like shooting fish in a barrel for the battle-hardened Japanese pilots who were operating from their newly established base at Rabaul.

Each aircraft swooped in, raking the decks with machine gun and 20mm cannon fire, quickly turning the scene into one of panic and mayhem as fuel and ammunition burst into flames on the stricken vessels. Both the *Alacrity* and *Bonwin* burned fiercely, intermittently sending showers of exploding ammunition into the sky in a ferocious display that continued until morning.

Among the sporadic acts of

heroism and bravery was the partial salvage of much-needed medical supplies and some of the ammunition. Many had pushed themselves to exhaustion saving themselves and their comrades among the flames and exploding munitions. About 60 Papuan, Australian and US men were dead and many more wounded. The two vital field guns were lost with the Japanese barge.

This harrowing event was certainly one of the more exciting moments for the Australian small ships and their crews hastily pressed into military service at the outset of hostilities. This curious and overlooked chapter of military history is, like so many others from the Pacific theatre, overshadowed by the legend of Kokoda. The history and stories of these ships and men, many too old, too young or infirm for regular service, is retold in a recently released book, *The Rag Tag Fleet* by Ian W. Shaw.



Little boats, brave hearts



“My interest in the small ships story started with a casual discussion with my publisher and grew with the on-going research I undertook,” says Shaw.

“I learned of some amazing men, like Clarrie Dawes who ran away to sea at 14 and was in the front line at Buna when he was 16. Others, like Ralph Andrews and Neal Sandery, were professional sailors or fishermen, some with minor health issues, who followed their boats into the US Army’s Small Ships section when the Americans requisitioned their boats.

“I learned, too, that those men and their little boats cut short the fighting at Buna by several weeks and, in doing so, saved hundreds – if not thousands – of lives.

“Finally, researching and writing *The Rag Tag Fleet* gave me the opportunity to meet some of those characters and some who knew them best. Clarrie Dawes, Ross and Isabel Andrews, Ralph’s widow and nephew, and Neal

Sandery – named after the father he never knew – shared with me their stories of extraordinary men in extraordinary times.” ■



***The Rag Tag Fleet* by Ian W. Shaw (published by Hachette Australia), see hachette.com.au.**



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What Trukai's new Hulling Mill means for PNG rice farming

- Our new Hulling Mill is the final link to accelerate a viable local rice industry where locally grown rice is processed for households around PNG.
- Our mill is the final link between local PNG rice farming, and your plate.
- This mill marks a critical step in establishing the paddy-to-plate value chain, which connects commercial quantities of locally grown rice with PNG consumers.



TRUKAI! LAYING THE FOUNDATION FOR LOCAL RICE PRODUCTION IN PNG



A EUROPEAN MUMU

Each year, Phyllis Schneider hosts a get-together for Papua New Guineans living in Europe. They swap stories and prepare a *mumu* (feast) in the shadow of the Bavarian Alps. *Kevin McQuillan* reports.

Papua New Guinea-born Phyllis Schneider and her German-born husband Michael have been hosting PNG get-togethers for 16 years. This year, 42 participants from PNG, Germany, Nigeria and West Papua joined the party.

The get-togethers, called *bungs*, take place at the Schneider family hotel, *Pfeiffermuehle*, in Wertach, a small town in the Bavarian Alps, about 170 kilometres from Munich in Germany.

"There are only a few Papua New Guineans scattered across Europe. That's why we had the idea to meet regularly," Schneider tells *Paradise*.



Friends of PNG ... a *mumu* celebration in Germany.

"We always have between 30 and 45 participants," she says. The gathering is open not

just to Papua New Guineans, but anyone with an interest in PNG, including former development workers, missionaries, government officials and people who have worked in PNG.

The concept is reflected in Schneider's own experience in adapting to Germany, when she and Michael moved there in 1999, after his contract with the German Development Services in PNG ended.

The transition to German society was difficult, she says, primarily because she didn't know any German language. ➤

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Now she is very proficient – not surprising for Papua New Guineans, most of whom speak at least three languages.

“Besides German, I speak my mother tongue *Wedau*, neo-Melanesian tok pisin, English and some Portuguese. I learnt Portuguese when we lived in Mozambique, from 2001 to 2004, where Michael taught wildlife and conservation area management at Eduardo Mondlane University.”

Schneider says she was excited to see snow for the first time when she moved to Germany. “Here in the Alps, it snows every winter and it looks so beautiful. At times it can be very cold, but I’ve got used to it.”

Born in Wamira village near Dogura, Rabaraba District in Milne Bay Province, Schneider trained as a nurse after finishing Holy Name Girls High School at Dogura.

She was working at Bulolo Hospital, when she met Michael, then a lecturer in wildlife at Bololo University College.



Phyllis and Michael Schneider ... welcome Papua New Guineans with open arms to their family hotel in Germany.

Not a lot of Germans know that parts of PNG were once a German colony, Schneider says.

“Most don’t know where PNG is unless you say it’s in the north of Australia, because they know where Australia is.”

Schneider is no longer a full-time nurse, but those skills have come in handy as she helps run the family hotel, along with Michael, his sister, Christina, and her husband, Marco Kleemann.

The Bavarian Alps are a major tourist attraction in this part of Germany and the small town of Wertach dates back to 955.

Time away from the hotel usually means holidaying in Austria or Switzerland. Schneider also goes back to PNG every two years.

“There’s a saying that ‘home is where the heart is’ and that’s where my heart is and will always be,” she says.

But the annual *bung* helps make up for what she misses in PNG. ■

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AROB PIZZA INN, BOUGAINVILLE RESTAURANT REVIEW

"Our pizzas are so good that we know people take them on the flights out of Buka," says Sister Hilda of the Convent of Nazarene and a staff member in a unique Papua New Guinean restaurant, the AroB Pizza Inn.

Located in a lush glade on Buka's outskirts, the little inn is a livelihoods project of the Catholic diocese. There are 26 pizzas on the menu, ranging from old favourites like margherita and Hawaiian, to more edgy offerings such as a spicy diavolo. As much as possible, the ingredients come from Bougainville.

What the team is producing out of the tiny little ovens is little short of a culinary miracle. The pizzas are as divine as anything you would find in an Italian piazza.

The base – kneaded from a secret recipe – feels the right mid-point between spongy and firm. The toppings are consistent in their quality. Washed down with a soft drink, cold beer or wine, these pizzas are a perfect way to end the week.

The restaurant has become a popular destination for Bougainvilleans, expats, and visitors since opening last year. The most popular pizza is the Hawaiian, reputedly a favourite of the region's president, whose wife calls in for takeaway.

The venture employs 20 people, providing transferable skills in cooking and hospitality management. It is a place that shows what mixing ingredients of hope, imagination and hard work can create.

The team behind the Pizza Inn isn't resting on its laurels, with plans to expand to Arawa and Buin. But its next venture in Buka is an upmarket steakhouse. Scotch fillet, beef kebabs, and crocodile will be on the menu. The location – on a crag overlooking the Buka passage – is dreamy.

Sticking a pizza into a suitcase and checking it onto a plane is a pretty radical move. But once you taste the quality of these pizzas, you might not think it is a crazy one after all. ■

— GORDON PEAKE



WHERE:

Former YC Hall, Hahela, Buka, Autonomous Region of Bougainville

PHONE:

+675 7200 3698

STYLE: Pizza

TYPICAL PRICE:

Pizzas range from PGK30–50.

BYO:

No (serves beer, wine and soft drinks)

OUR FAVOURITE DISH:

Half meat-lovers, half vegetarian pizza

IN A WORD:

Heavenly





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HEALTHY FESTIVE FEASTING

Christmas is around the corner and with it the temptation to eat a lot more than usual. Thankfully the vast array of delectable fruit in the tropics makes it far easier here, than in many other parts of the world, to create healthy, guilt-free festive food without sacrificing taste and flavour.

This is especially the case in Papua New Guinea, where many desserts, snacks and breakfast dishes are filled with the numerous exotic fruits supported by the country's fertile soils.

One of the most commonly found styles of Papua New Guinean dessert is banana sago coconut porridge, which can also be made with the addition of other tropical fruits such as pineapple, mango or passionfruit. The blend of warm sago with fruit and coconut milk or cream offers a well-balanced blend of fat, vitamins, minerals and carbohydrates, and works just as well for breakfast as it does as a snack or dessert due to its luscious creamy texture.

The typical banana sago porridge

found in PNG originated in the Gulf Province and is now enjoyed all over the country. A typical recipe involves heating the sago in a saucepan before adding water and stirring until thick and sticky. Bananas are then mashed into the thickened mixture before the sweet sticky treat is rounded off with coconut milk or cream.

Bananas are full of healthy properties, including an ability to help moderate blood sugar levels, improve digestion and, with regular consumption, can even slash the chance of developing kidney disease.

Coconut milk/cream, while high in fat, is also extremely nutritious when consumed in moderation. Its medium chain saturated fatty acids (MCFAs) have been found to have antimicrobial properties. What's more, MCFAs are rapidly metabolised, which means they are less likely to be stored as fat.

Coconuts are packed with vitamins C, E, B1, B3, B5 and B6 and minerals iron, selenium, sodium, calcium, magnesium and phosphorus.

Many of these are contained in cow's milk as well, although coconut milk is lactose free, meaning it's less likely to irritate sensitive systems.

Sago, the starch taken from sago palm stems, is primarily carbohydrate, so blending it with the kind of fats, mineral and vitamins found in the other ingredients balances out the dish nutritionally.



MAIN PICTURE: COURTESY OF MARLEY SPOON

Banana sago coconut porridge Serves 4

Ingredients
65g sago
110g caster sugar
2 bananas
Fruit of choice such as

passionfruit, mango or pineapple (optional)
250ml (1 cup) coconut milk

Method

Place sago in a bowl, cover with cold water and leave for one hour, then drain well.
Combine sago, 500ml water, sugar and a

pinch of salt in a saucepan and slowly bring to a simmer. Cook, stirring, over low-medium heat for 15 minutes, or until sago is translucent.

Peel bananas, then cut into 5mm slices on the diagonal. Add to sago mixture, stir gently to combine, then cook for three

minutes or until bananas are softened. Add any other fruit of your choice such as passionfruit

or mango. Stir in coconut milk, then remove pan from heat and cool slightly. Serve warm or at room temperature.



BEND AND STRETCH

Clinically reported benefits of yoga are many and varied. They range from largely known pluses such as weight loss and improving strength, to more obscure benefits such as reducing hypertension, regulating heart rhythm and reducing the chances of post-natal depression.

Now a new yoga retreat in Papua New Guinea's Kokopo gives visitors and locals a chance to embrace the practice while enjoying local hospitality, culture and scenery.

The Kokopo retreats are run by experienced yoga practitioner Erue Bucher (pictured), an Australian accredited teacher of hatha yoga from Rabaul and now living in Brisbane, Australia.

As well as yoga, Bucher's week-long retreats offer snorkelling and swimming with dolphins in Blanche Bay, spa treatments using skin-smoothing clay, bathing in thermal waters, scenic walks taking in sweeping views and caves near Blue Lagoon plus tours to a nearby village for a feast with local cuisine. There is also plenty of free time.

The retreat package includes return Air Niugini airfares from Brisbane to Rabaul, a seven-night stay at Rapopo Plantation Resort, and all meals including lovely local dishes and Ayurvedic recipes prepared by Bucher.

Her next Yoga & Cultural Retreat weeks are scheduled for PNG and Fiji in July and September 2018. She is also hosting a one-day retreat in Port Moresby at the Taurama Aquatic Centre this November.

See Erue Yoga on Facebook.



RUN THE GREAT WALL



Seeking a fitness challenge somewhere in South-East Asia? Then sign up for the next Great Wall Marathon on Sunday, April 15, next year. The internationally renowned race is one of the most demanding and exhilarating in the region.

Runners follow a route that not only travels along a major part of the iconic monument, but also dips into the surrounding countryside and villages.

About 2500 people from 50 countries take part across the three events on offer – the marathon (42km), half marathon (21km) and fun run (8.5km).

See rungreatwall.com.

CYCLING MEETS CUISINE



Keeping your figure while enjoying the cuisine of a new country is one of travelling's greatest challenges. And one of the best ways of ensuring you do both is by cycling.

Vietnam is one of the most popular countries for cycling holidays, because the landscape lends itself so well to many delightful and easy routes through villages and countryside.

Exodus Travels, which has one of the largest ranges of cycling tours across Asia, bills Vietnam as best for foodies thanks to the local cuisine. The trip also includes a night on a traditional boat, cruising Halong Bay. ■

See adventureworld.com.



Gadgets and travel accessories

Waterproof e-reader

If you're going to invest in an e-reader for your next adventure, let it be the Kobo Aura H2O Edition 2. You can take the waterproof device to the beach without worrying about it getting wet, and read it in direct sunlight thanks to the anti-glare display. If you're reading at night, it has ComfortLight PRO to reduce blue-light spectrum so you can read without it affecting your sleep (also ideal on planes). It lasts weeks without a charge, and stores up to 6000 e-books, which sure beats lugging a stack of hefty paperbacks around every time you travel.

About PGK609; amazon.com.



Cups for keeps

For the eco-conscious traveller who cringes every time a disposable coffee cup is placed in their hands, a keep cup might be the ideal travel companion. Made either from lightweight plastic or surprisingly durable fully tempered soda lime glass, they come in three different sizes and with a rainbow of coloured lids and bands. Our favourite is the classic Brew Cork Edition with a natural cork band, made in Portugal using waste production from wine cork manufacturing.

From about PGK28; keepcup.com



Phone pouch

Zip your phone into this Faraday cage leather carry-all and its diamond-pattern shielding will ensure no wireless signals get in or out. Like a bodyguard for your phone, it means that no GPS tracking, no cell-tower pinging and no electromagnetic radiation will come your way, and that nobody will be able to intercept your credit card information. Made with top-grain cow leather, with internal credit card slots and passport holder, it's as stylish as it is protective.

Comes in medium, large and extra large. From about PGK320; silent-pocket.com.



Travel cap

Finding hats that look great and are also functional isn't always the easiest task. Happily, Canadian outdoor brand Arc'teryx has nailed it with the Escapa trucker hat. The good-looking design is made from breathable, quick-dry nylon fabric to help regulate temperature, and has a stretch mesh back for a secure fit, meaning you'll stay comfortable whether you're hiking, running, beaching, or just cruising around town. Comes in black, blue and red.

About PGK127; arcteryx.com.



Smart watch

Samsung's new Gear Sport is one of the best smart watches on the market, being just as powerful as your average fitness tracker but much better looking. It lets you take calls, chat with Bixby (Samsung's version of Siri), control your smart-home devices, track workouts (even in the pool since its fully waterproof), play your Spotify playlists, use Samsung Pay, get all your notifications and more. It charges for up to four days, is available in black or blue, and is compatible with any 20mm watch strap, so you can dress it up or down as you wish. *About PGK960; samsung.com.*



Travel T-shirt

If you're not yet a merino wool convert, let this be the tee that does it for you. Icebreaker's Tech Lite Short Sleeve Crewe uses merino wool fibres wrapped around a nylon core, making it super durable while also doing that magic merino thing of staying clean and smell-free for days. The design is versatile enough to take you from the office to the mountain top, and comes in black, navy, light grey and red. *About PGK228; icebreaker.com.*



Reusable water bottle

You can think of the Memobottle as a healthier version of a hip flask. The slim, reusable water bottle uses BPA-free plastic, and its elegant flat design makes it ideal for slipping into your briefcase or jacket pocket. Coming in a range of sizes, with a choice of lid colours and accessories, including leather sleeves and copper-plated desk stands, they'll keep you looking stylish while staying hydrated. *From about PGK100; memobottle.com.au.*



Handsome hankies

Every good gent needs a good hanky in his pocket, and it's even better if said hanky is handsome enough to also function as a pocket square or neck tie. Hanky Folk make certified organic cotton plant-dyed hankies, in either a solid indigo or a selection of fun tie-dyed patterns, that are all handmade in small batches by two Indonesian families, meaning no two are exactly the same. *About PGK33 each; hankyfolk.com.*



Translation earpiece

Pop the TranslateOne2One earpiece into your ear, and have the foreign conversation you've been desperately trying to untangle translated efficiently for you within seconds. This language barrier buster, created by Australian technology start-up Lingmo, translates into eight languages including Chinese, Spanish and French, but we're still waiting for Tok Pisin. It works without Bluetooth or Wi-Fi, so you can use it anywhere in the world, no matter how remote your next international business meeting is. *About PGK890 for a two-piece pack; lingmo.global.*



Lumbar pillow

It's impossible to deny the benefits of travel, but there are also indisputable downsides. One of them is sitting in one spot for lengthy periods in uncomfortable airports, planes and cars. Enter the Tempur-Pedic Lumbar Cushion, which is ergonomically designed to support your mid and lower back, making sitting for those interminable stretches much more bearable. It's also lightweight, easy to pack, and comes with a machine-washable cover. *About PGK285; tempurpedic.com.*



Paddington 2

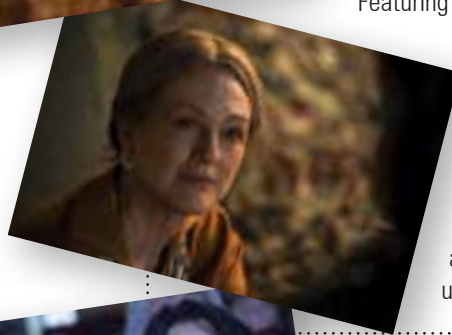
Starring: Hugh Bonneville, Sally Hawkins, Ben Whishaw, Hugh Grant

The beloved bear from the jungles of Peru with his duffel coat and a sweet tooth for marmalade returns in *Paddington 2*. He is joined by the majority of the cast from the 2014 original, including Hugh Bonneville and Sally Hawkins as the parents who take in the lovable talking bear, who is once again voiced with delicate goodness by Ben Whishaw.

Unfortunately, Nicole Kidman's splendidly over-the-top villain was sadly shuffled off to a dirty pig farm at the end of the original so doesn't come back, but new names to the cast include Hugh Grant and Brendan Gleeson, who have clearly embraced the whimsy and flamboyant tone of the film.

Three years later, and we find Paddington settled into London, working odd jobs for people in the neighbourhood so he can purchase a rare and potentially mystical book for the 100th birthday of his Aunt Lucy.

When the book is stolen, Paddington and his new family set out to apprehend the thief through a series of hijinks.



The Disaster Artist

Starring: James Franco, Dave Franco, Seth Rogen, Zac Efron

There is something very entertaining about a bad movie. Movies that are so terribly written, directed, acted and produced that they swing right around from being bad to some twisted version of wonderful. Think back to the 2003 romantic drama *The Room*, a film that is so incompetent that it has fostered a dedicated fan base that repeatedly attends screenings, vocally interacting with its incompetence.

The Disaster Artist is a film about the making of that very bad movie. James Franco directs, as well as stars, as Tommy Wiseau, a long-haired sleaze-bag with an entrepreneurial spirit who's sick of not getting acting roles because of his mysteriously hard-to-define accent and inability to memorise a script. Instead, he decides to make his own movie.

The Disaster Artist is far and away Franco's most accomplished feature as a director. Cameos by Sharon Stone, Melanie Griffith, Kristen Bell, Judd Apatow and more will keep viewers on their toes almost as much as they will be laughing.



Wonderstruck

Starring: Millicent Simmonds, Julianne Moore, Michelle Williams

Todd Haynes is one of the world's great filmmakers. After a career of thought-provoking and intricately assembled art-house gems – including classics like *Safe*, *Far from Heaven* and the recent Cate Blanchett drama *Carol*, which snagged six Oscar nominations – he returns with *Wonderstruck*.

While his latest doesn't deal with the thorny and provocative subject matter of sexuality and race seen in his earlier films, it's no less deep, with themes that will resonate with viewers of all ages.

Wonderlust is set across two time periods, the 1920s and 1970s, as two deaf children escape their insular worlds.

Featuring long passages without dialogue, to recreate the world of its deaf protagonists, the film features Julianne Moore – a regular of Todd Haynes' films since the mid '90s – as well as Michelle Williams.

Premiering at the Cannes Film Festival, it received glowing reviews and could be a major player in the upcoming Oscar race.

The Shape of Water

Starring: Sally Hawkins, Doug Jones, Octavia Spencer

The director of *Pan's Labyrinth* is back with another evocative and fantastical film that will provoke discussion. *Pan's Labyrinth* was a critical and cultural phenomenon, but Mexican filmmaker Guillermo del Toro was sadly seduced by Hollywood for bombastic science fiction (*Pacific Rim*) and horror (*Crimson Peak*).

Thankfully, this fairy tale of sorts – about a mute woman (Sally Hawkins) who falls for an Amazonian water creature (yes, you read correctly) – sees del Toro return with his most elegant movie to date.

Typically ravishing in its design, as all of his films are, *The Shape of Water* confronts tough issues while grooving to its own twisted idea of romance. A sure-fire Oscar contender, this open-hearted film offers adult audiences something unique and fresh, yet also seductive and full of tension.

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

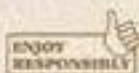


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***Dare Not Linger* (Pan MacMillan), by Nelson Mandela and Mandla Langa**

Nelson Mandela may no longer be with us, but one of the world's greatest statesmen is credited as co-author of this new book. *Dare Not Linger* draws on the memoir Mandela began to write during his time as South Africa's first black president, from 1994 to 1999.

Mandela didn't complete his work – the first draft was unfinished when he died in 2013 – but acclaimed South African novelist Mandla Langa completed Mandela's unfinished draft.

Langa had access to Mandela's notes and previously unseen archival material. The publisher's describe the book as a vivid and often inspirational account of Mandela's presidency.

As the first democratically elected leader of South Africa, Mandela worked to unite his post-apartheid country, to make a reality of a cherished vision for a liberated South Africa. Based on that daring brief alone, *Dare Not Linger* should sit comfortably on book shelves beside Mandela's original book, *Long Walk to Freedom*.

— GC

***Life of Brine, A Surfer's Journal* (Hardie Grant Books), by Phil Jarratt**

In the four hours it takes to fly from Sydney to Port Moresby on flight PX001, you'll be well into this easy-to-read memoir by Australian journalist and surfer Phil Jarratt. Jarratt, 66, and living in Noosa, is one of Australia's most prolific chroniclers of surfing culture.

He is the author of 35 books and a former editor of the irreverent Aussie surfing publication *Tracks*.

He is brutally honest in *Life of Brine* as he reveals his excesses and wild times growing up as a surfer in the 70s, 80s and 90s.

In one chapter, he meets up with the American writer Hunter S Thompson, who was well known for his own excesses, and there are endless encounters with surfing legends and stars, among them Kelly Slater, Gerry Lopez, Bill Murray and Pamela Anderson.

Much of the book is about Jarratt's career as a journalist, his work in the surf industry, as well as his travels. He surfs everywhere from Bali to Biarritz, and even briefly journeys to PNG on a writing assignment.

But *Life of Brine* isn't just about Jarratt growing up to be a Noosa grandfather, it's a nostalgia trip that shows how surfing has grown from the simplicity of the 1960s into a billion-dollar sport and industry.

If you don't finish the book on the plane, it's a handy addition to the hammock in between surfing sessions in PNG.

— RU

***Shaozhen: Through My Eyes – Natural Disaster Zones* (Allen & Unwin), by Wai Chim, edited by Lyn White**

Editor Lyn White's work with refugee children motivated her to create the acclaimed *Through My Eyes* series of books. The series was created as a way to pay tribute to the courage and resilience of children.

The stories are fiction, but based on true events in troubled lands and offer an insight into culture, conflict and identity through children.

Many of the *Through My Eyes* books are set in contemporary war zones, but this children's book, an adventure story, is about a boy, Shaozhen, living through the real-life 2014 drought in Henan, China, which was ultimately responsible for financial losses running to hundreds of billion yuan.

Shaozhen has no intention of staying in his remote village and becoming another poor farmer: he'll finish school and then, hopefully, work in a factory in one of the major cities, just like his father.

But during one summer holiday, when Shaozhen is imagining days filled with nothing but playing basketball with his friends, the worst drought in over half a century threatens the crops his entire village relies on for income.

As the water situation becomes dire, Shaozhen realises he must come up with a plan. But will it be enough to save his family and friends and secure the future of his village?

— GC

***A Life Underwater* (Viking), by Charlie Veron**

In 2009 Sir David Attenborough introduced Charlie Veron, one of the world's most renowned experts on coral reef ecosystems, to speak about the effects of global warming on coral at an emergency meeting of the Royal Society in London. Ever since, Veron has been telling audiences about why it is necessary to protect the world's coral reefs.

A Life Underwater documents Veron's journey from a free-ranging childhood exploring the reefs and bush around Sydney, Australia, through to the freedom granted him as a young scientist to 'go out there and do something'.

The book includes snippets from adventures in PNG, including a visit to the Conflict Atoll at the eastern limits of the country.

Remarkably, too, this is the story of how a self-taught coral specialist – Veron completed a PhD in zoology on dragon flies – became a leading marine scientist without ever attending a lecture on marine biology.

— GC



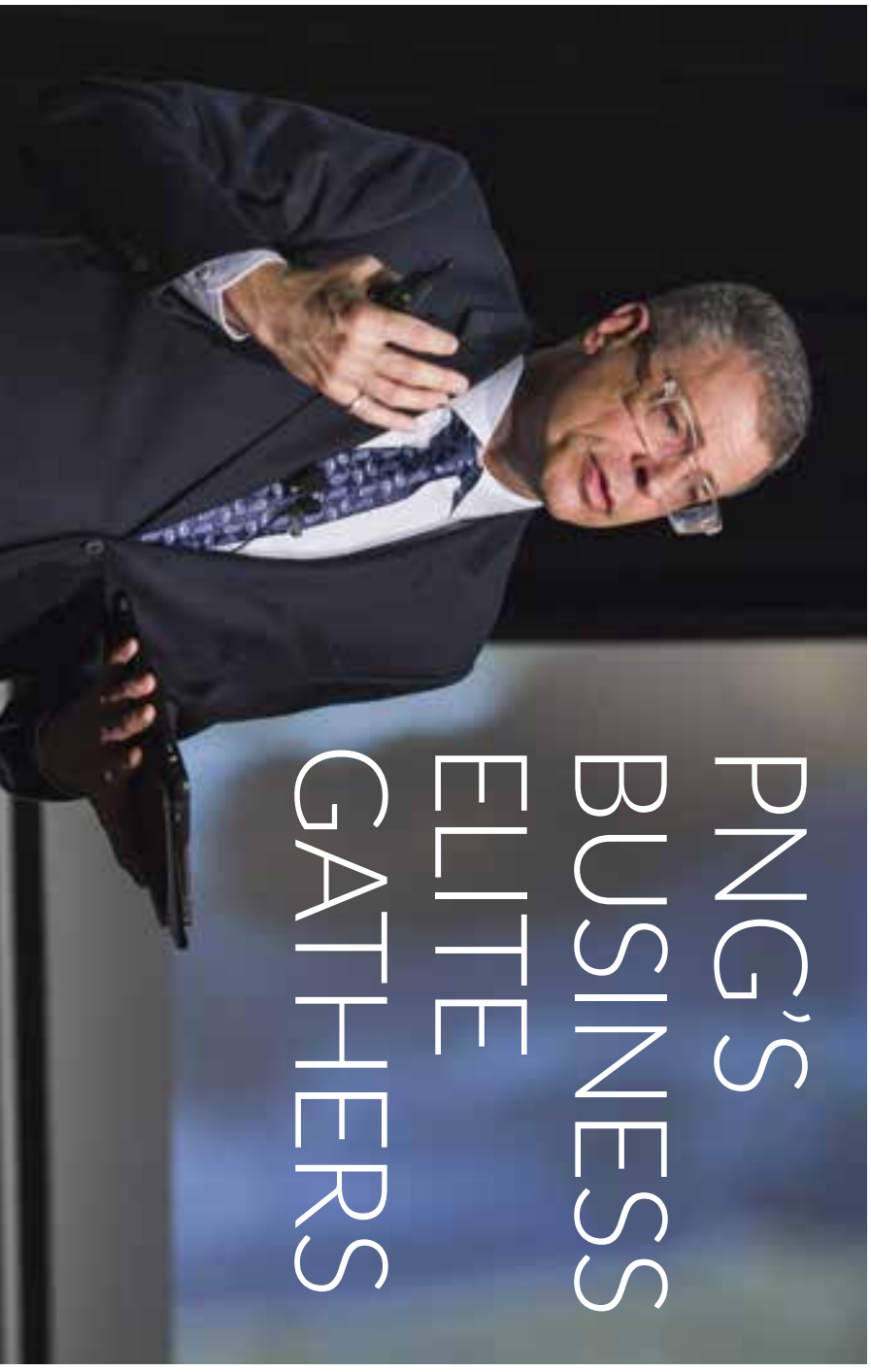
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A two-day conference in Sydney, Australia, recently brought together PNG's senior executives and showcased the country's potential as an investment destination.

Futurist Mark Pesce has told Papua New Guinea's business leaders that 21st-century technology – including mobile phones, blockchain technology, drones and robotics – is important for PNG's long-term economic future.

Speaking at the Business Advantage Papua New Guinea Investment Conference at Sydney's Shangri-la Hotel, Pesce described how PNG could use these technologies to leapfrog the industrial era and move effectively into the post-industrial world. In particular, he explored a possible convergence between banking and telecommunications, based on the use of mobile phones.

Pesce's keynote address set the tone for the conference. Not only did he take a long-term view, but he identified clear trends that, if pursued, could benefit PNG in particular.

What is encouraging is that work is already underway in PNG in several of these areas. The central bank is actively looking at blockchain, Oil Search is already using



drones to inspect its pipelines, while the near-completion of the National Transmission Network, and a likely new underseas cable connecting PNG to the world wide web are signs of progress in connectivity.

The commentary then moved to the finance sector, with a perspective on the most profitable sectors for investment provided by some of PNG's most high-profile fund managers and analysts. They included





Down to business ... (clockwise from opposite page) futurist Mark Pesce; the delegates' lounge; making new contacts; China expert David Thomas; the chairman of Air Niugini, Sir Frederick Reiher; EMTV covering the conference; Air Niugini's information stand.

“

21st-century technology – including mobile phones, blockchain technology, drones and robotics – is important for PNG's long-term economic future.

”



Kennedy Wemin (chief executive officer, Melanesian Trustee Services Limited), David Lennox (resource analyst, Fat Prophets), Dr Stephen Nash (chief investment officer, Nambawan Super) and Eric Kramer, (chief executive officer, PacWealth, investment manager for Nasfund).

Interestingly, both Nash and Kramer expressed an interest in investing in PNG's new underseas cable.

The governor of the Bank of Papua New Guinea, Loi Bakani, outlined what he saw as the priorities for economic development.

A perspective on the opportunities offered in the financial services sector was provided by Syd Yates, managing director of Kina Securities, who told the story of how the PNG company had grown from a small staff to a fully fledged bank and one of the top three fund managers listed on the Australian Securities Exchange.

The chairman of event partner Air Niugini, Sir Frederick Reiher, detailed the increasing reach of the national carrier and the redevelopment of Jacksons International Airport in Port Moresby so that it can become a regional hub.

The Minister for National Planning and Monitoring, Richard Maru – representing PNG's prime minister, Peter O'Neill – told the conference that the government is keen to attract investment, especially in the agriculture sector. He reaffirmed its ➤

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



PNG's business elite gathers

commitment to reducing the cost of doing business and pointed to continued major investment in infrastructure.

He also said that the government had learned the lesson of the past five years: that the economy was too reliant on the resources sector and needed to develop other sectors, such as agriculture and tourism.

"Over the next five years, our policy priority going forward is economic growth. We have to increase exports, decrease imports and get more value from our resources. This is what we have to do, and do it quite quickly."

Delivering on three key resources projects – Wafi-Golpu, Frieda River and the second Papua LNG project – will be a high priority in the next five years, he says.

Chairman of the APEC PNG 2018 Coordinating Authority, Sir Charles Lepani, outlined how plans for PNG's hosting of APEC next year are progressing, with 15,000 delegates expected,



Networking ... in between formal sessions, delegates at the conference had time to swap notes

while Mahesh Patel, chairman of Kumul Telikom, described the efforts being made to make state-owned telcos more responsive to consumers and to reduce costs.

David Hill, country director of the Asian Development Bank in PNG, gave the bank's view of PNG's economy, and outlined its plans

to invest \$US2 billion in key infrastructure over the coming decade, including \$US1 billion on the Highlands Highway, a vital lifeline for the PNG economy.

This was followed by case studies of successful PNG companies: SP Brewery in manufacturing (with chief executive officer,

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Stan Joyce) and Highlands Pacific in mining (with chief executive officer, Craig Lennon). Lennon pointed to the success of the Ramu nickel and cobalt mine as being particularly exciting, given that emergent battery storage technology is heavily reliant on these two export metals.

The Pacific islands were also up for discussion, with some original and rarely heard insights. China expert David Thomas detailed the opportunities that have emerged from China's expansion, which is leading to a 10 per cent increase in outbound investment.

This was followed by a series of country presentations and a round table on the investment terrain in Fiji, Vanuatu, Timor Leste and the Solomon Islands.

Timor Leste's appearance was particularly timely, following the resolution of its long-standing border dispute with Australia. ■



Speakers ... APEC supreme Sir Charles Lepani (left); futurist Mark Pesce enthralled delegates; (above right); manager at the Nine Mile Farm, Lydia Tasi (right).

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Q&A BOTO GAUPO

The chief executive officer of the Cocoa Board of Papua New Guinea explains the board's initiative to bolster farmer incomes.

The Cocoa Board Of Papua New Guinea has started a farmers' company to move small farmers from subsistence farming to running a small, profitable business. The long-term aim of the new PNG Agriculture Company (PNGAC) is to boost output, quality and farmer incomes.

Q: Why is the board setting up this company?

A: The board wants to increase PNG's share of the world cocoa market by creating a different, farmer shareholder business model which will move farmers from small-scale subsistence farming to running a small, profitable business as well as profiting from the entire value chain. Our aim over the next five years is to have at least 20,000 farmers as shareholders.

Q: How will the PNG Agriculture Company work?

A: Initially, PNGAC will be owned by a growing number of farming families in the cocoa industry in East New Britain Province, and, for an initial period, the cocoa board. The company will provide incentives for



Boto Gaupo ... aiming to have 20,000 farmers as shareholders in a new cocoa venture.

farmers to move beyond subsistence farming to a more commercial operating environment. Many farmers are eager to earn higher levels of incomes and create a future for their families, but they don't have the business acumen. The new business will introduce strong governance and management systems, new technology, reformed training and extension processes, standardised production systems and will produce a consistent quality bean.

Q: How much support do you have from farmers?

A: Well, the idea grew out of talks with many farmers throughout East New Britain Province. The Australian Government supported the PNG Department of Agriculture and Livestock by funding i2i Development, an Australian Indigenous company, to undertake initial consultations and provide ongoing business development. i2i general manager Brad Jackson said that the strategy is providing an enabling environment and incentivising farmers to transition their mindsets from being subsistence farmers to small business operators. The farmers agreed that developing a business and concentrating on providing consistent quality products will enable them to build confidence in the market and gain an ability to negotiate improved pricing.

Q: How will farmers benefit?

A: Farmers will benefit from significant increases in yield in the first instance. As the market gains confidence, farmers will also benefit from increased prices. The increase in the farming families as shareholders will also enable improved economies of scale and scope, thereby reducing operating costs and improving profits.

Q: Does this new model mean the PNG Agriculture Company could become involved in processing?


A: The short answer is yes. Other growth opportunities will emerge through vertical integration of the supply chain. These opportunities include manufacturing and maintenance of production systems, commercialising nurseries, providing logistics, and labour contracting. ■



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WANTED: local talent

A recent human resources survey has revealed, among other things, that there are great opportunities for Papua New Guinean managers. *David James* reports.

A survey of human resources in Papua New Guinea has found that the country could make big gains by using its people better. But there are significant skill shortages, especially in management and the professions.

The survey, entitled *Fulfilling the land of opportunity: How to grow employment in Papua New Guinea*, was conducted jointly by Deloitte and the United Nations Development Program (UNDP). It has identified key areas where PNG has an opportunity to improve.

"It is estimated that some 2.5 million people work in the informal economy, compared to only around 500,000 in the formal sector. Transferring even a modest share of those in the informal sector to the formal sector would create considerable economic gains, in terms of productivity and tax revenue," the report says.

"Second, PNG has an extremely large and growing young population, with over 40 per cent of the population under the age of 15 and thus expected to enter the labour market in some form (be it formal or informal) within the next decade."

The report says that women are under-represented in the labour force, only making up an estimated 27 per cent of the total.



PICTURE: PACIFIC PAINIS PROPERTY



"For an economy to thrive, women must be given the opportunity to excel," the report says.

"PNG is rich in culture and social diversity. This diversity, when fused and endowed with sufficient capacity, will be able to spur innovation, creativity and problem solving."

The report found that 51 per cent of businesses are currently hiring, although 60 per cent do not expect their headcount to increase in a

year's time. Nearly 40 per cent of businesses who reported they were hiring staff do not expect their headcount to increase over the next year.

"In other words, 40 per cent of staff recruited today will make no net addition to headcount in 12 months' time, as they are either replacing staff who have already left (or are intending to leave in the next 12 months), or they themselves are expected to leave within 12 months," the report says.

"This can broadly be considered as PNG's turnover rate."



Businesses in which females account for 50% or more of workforce



The report estimates that, nationwide, staff turnover is 38 per cent. This compares with 16 per cent in Australia. It says high turnover rates are a considerable cost to business and to the broader economy.

“Businesses need to invest resources into hiring staff, and having to repeat the process reduces capacity and incentive to hire new staff. “High turnover rates also affect the willingness of companies to invest in staff

“ Papua New Guinean talent at management level is under increasing demand. Salaries are being reviewed upwards as the competition for local talent increases. ”

training, due to the concern they will not be able to retain the staff for long enough to capture the gain. “This was confirmed by training institutes that noticed a preference by some ➤





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HOW TO CREATE A MORE STABLE WORKFORCE

Good human resource practices can greatly improve retention rates and company performance in Papua New Guinea, according to Calum Smith, Australasian vice president for international workforce solutions provider Airswift. He says the key is to establish sound processes.

“By implementing a good recruitment process for both non-citizens (cultural alignment and ability to train) and citizens means that many of our clients have much lower attrition rates than the average.

“Because of improving technology infrastructure, most notably with the internet, PNG is catching up with its nearest neighbours in terms of

learning management system (LMS) usage. This is allowing organisations to bring their PNG staff up to international standard more easily in terms of company training.

“In the past six months we have seen improvements in hiring rates for both citizens and non-citizens. With APEC 2018, and a number of smaller capital development projects in the near term, I do expect a relatively positive 12 months ahead – although we won’t be returning to PNG LNG hiring rates anytime soon there will still be growth.

“Overall I am cautiously optimistic about the employment market in PNG.”



Calum Smith ... optimistic about PNG’s employment market.

Scott Roberts, general manager of human resources firm Rubicor Technical, says that big companies do their own development and training, but small and medium enterprises usually lack the resources to invest in development.

“Businesses are always looking for people who can lead others and, of course, the standards

that are applied to that are high,” he says.

“The public service is investing in a values-based leadership development program; they are really having to start at basics. It has merit, and should be supported.”

Roberts says there has been something of a brain drain in PNG, especially in the resources sector. But he does see some people returning home. “There are many examples of success over the years and there are plenty of Papua New Guineans who seem to do quite well internationally in technical, professional and leadership roles.”

— DAVID JAMES

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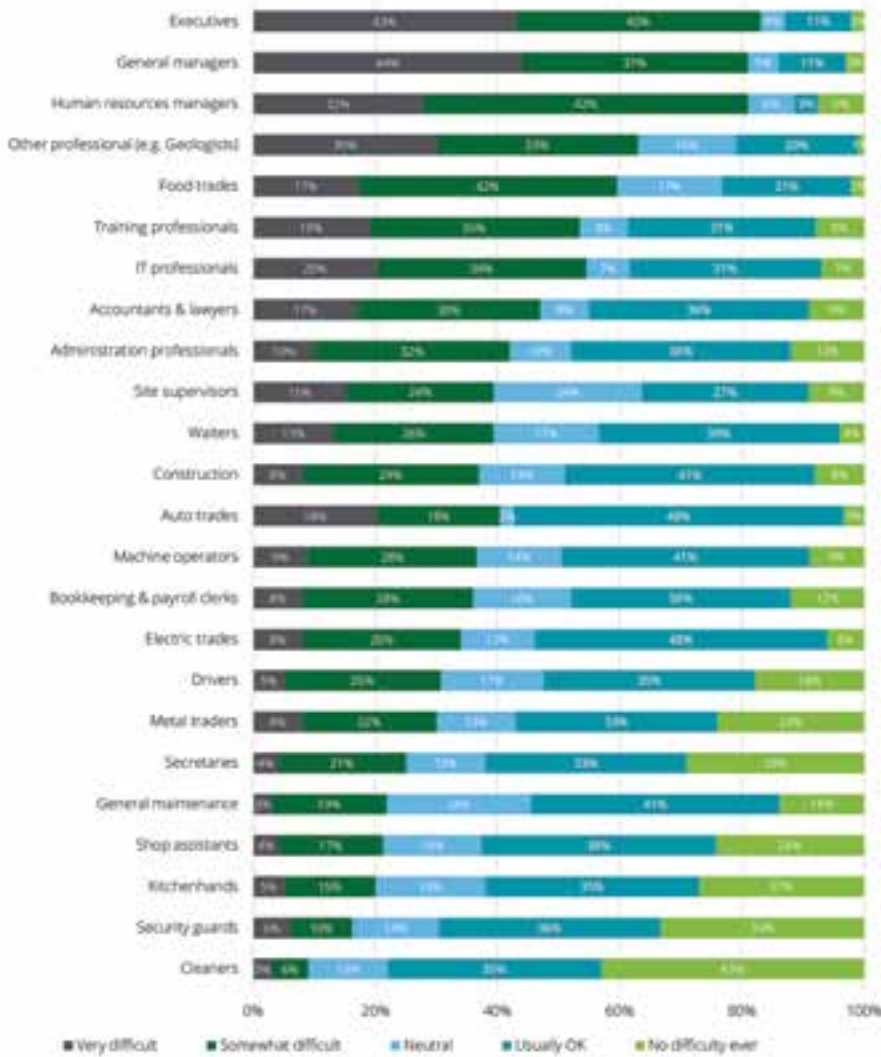
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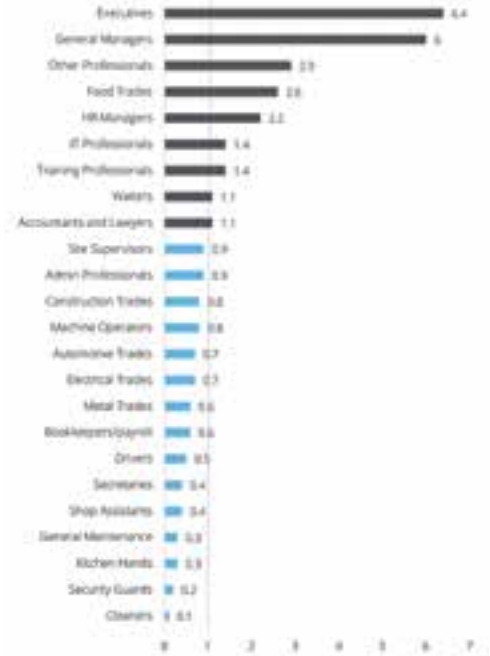
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Extent of recruitment difficulties, detailed occupations



PNG skill needs index



The Deloitte survey selected 23 common occupations and asked respondents to rate how difficult it is to source each occupation locally

The PNG skill needs index has been compiled by calculating the ratio of those indicating that they do experience difficulty hiring a particular occupation, to those who indicate that they do not.

A ratio of 1 means the number of businesses that do have trouble hiring a particular skill matches the number that do not.

companies to recruit already qualified individuals rather than invest in developing one.

“This behaviour can cause a race to the bottom, whereby incentives to delay, or simply not provide, training at a firm level can lead to sub optimal outcomes at an economy wide level.”

The report looks at sector-specific issues. Eighty per cent of businesses surveyed identified skill shortages as a reason not to hire. In the wholesale, hospitality and retail sectors, however, the level was 93 per cent.

The report found that jobs in management and professional services are the most difficult to fill. It says the more specialised and highly skilled an occupation is, the more difficult it is to find that occupation in PNG.

“While larger firms can get around skills shortages by importing labour, small firms are more constrained by the local labour market.”

There are also some geographical differences, the report says. “At present, Port Moresby based businesses are unambiguously more inclined to hire than businesses based outside of Port

Moresby, and white collar businesses are unambiguously more inclined to hire than blue collar businesses.”

Boosting locals is vital over time, the report says. “In the short term, the use of foreign labour is essential to the continuation of Papua New Guinea’s growth and development agenda.

“However, in the long term, it is critical to ensure that only those skills for which there is no local equivalent are brought into the country. Developing a national skill needs list is a key first step in this regard.” ■



What's PNG looking at on the internet?

Search engine giant Google owns the three websites most visited by Papuan New Guineans – google.com, google.com.pg and youtube.com – according to data from web ranking service, Alexa.

Given this, it's not surprising that Google is installing its own caching engine in Port Moresby, with the aim of speeding up its services for PNG users.

Next, in fourth place, comes Facebook, the world's largest social network – a service 370,000 Papua New Guineans access.

PNG's most popular Facebook page belongs to Alotau-born, US-based hip-hop artist Jay Lieasi,

TOP 20 PNG-RELATED WEBSITES

- | | |
|--------------------------------|-------------------------------------|
| 1 Divine Word University | 12 ANZ Bank |
| 2 Loop PNG | 13 Air Niugini |
| 3 Lae University of Technology | 14 EMTV |
| 4 Bank South Pacific | 15 PNG Job Seek |
| 5 The Post-Courier | 16 Nasfund Savings and Loan Society |
| 6 The PNG Electoral Commission | 17 Investment Promotion Authority |
| 7 The National | 18 Department of Finance |
| 8 PNG Facts | 19 Digicel |
| 9 Telikom PNG | 20 Westpac |
| 10 PNG Blogs | |
| 11 PNG Workforce | |

Source: Alexa

according to Social Bakers.

Alexa says PNG's top local website is Divine Word University.

The news site, Loop PNG, is next among the locals and Air

Niugini is also among the top rankings at No. 13.

Most popular source of overseas news for PNG? The BBC. Most popular real estate website?

Hausples.com.pg. Most popular sporting website? Nrl.com.

Meanwhile, an online survey by Business Advantage International to identify PNG's most recognisable local brands suggests that there are four stand out companies.

The poll was conducted in August with PNG Facebook users. Forty-eight brands received votes, but just four brands accounted for the majority of votes: Air Niugini, Trukai, SP Brewery and Bank South Pacific (BSP). ■

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The Kumul legislation establishes KPHL as a commercial enterprise, empowered to participate in oil and gas exploration, development, production, processing and marketing, including all related upstream, midstream and downstream activities.

In other words, it established KPHL as a national petroleum company, with a clear mandate to participate in all petroleum related businesses.

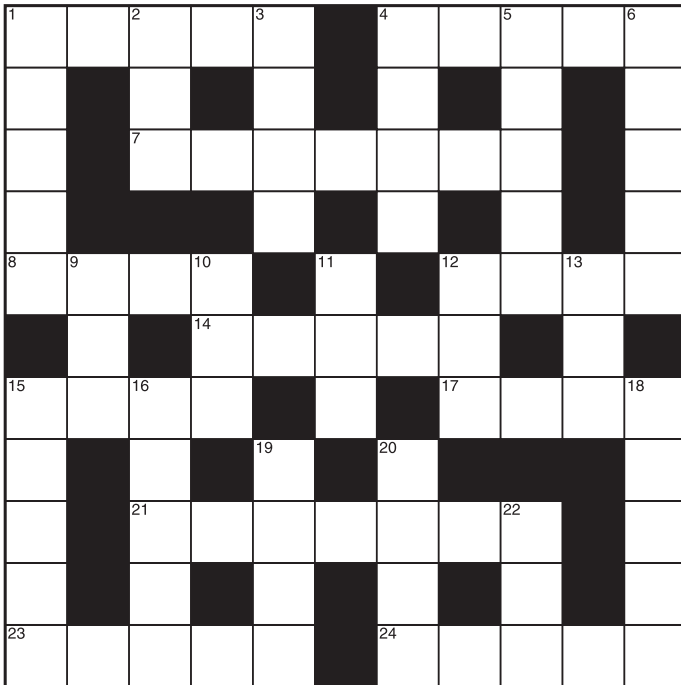
The consolidation of State's petroleum assets is progressive; KPHL has already assumed the ownership of the 10% shareholding in Oil Search bought by the State, and is currently in the process of transferring the other small oil and gas stakes the State owns in other projects.

KPHL is now the legislated to be the exclusive nominee for the State for its participation in any petroleum development; no other entity can be nominated in its place. This is good for all involved - the developers, sub-national levels of government as well as the petroleum project affected landowners.

The legislation makes it clear that KPHL has the right to be present in all technical and commercial meetings between the State and a Developer in the course of negotiation of a development and associated oil or gas agreement. This is important for KPHL's future relationship with the partners in a particular development, as it allows understanding them to participate in these discussions rather than passively entering the project only once the development has been decided.

DoubleTake

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



CRYPTIC CLUES

ACROSS

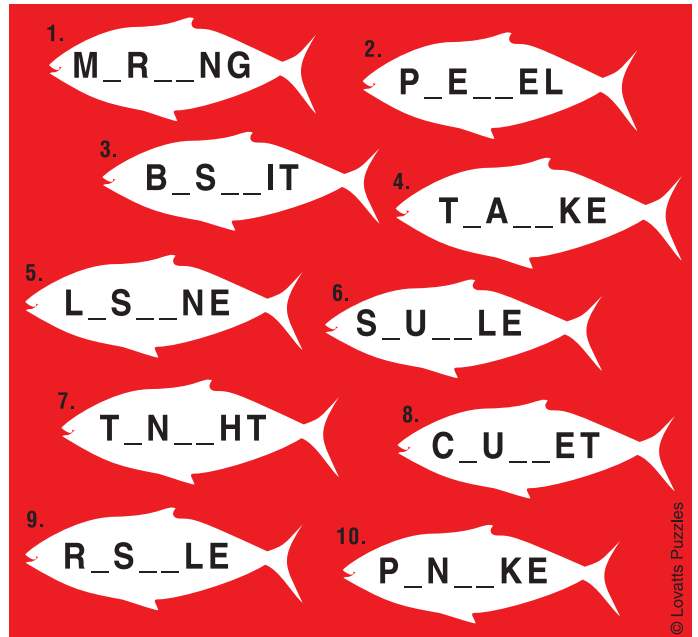
1. Sorry start after morning is not as it should be (5)
4. Wrote about Eiffel or Pisa (5)
7. Venus and Jupiter say unexpectedly, "Let's nap" (7)
8. Told tale of shadow (4)
12. Looks the same both ways (4)
14. Dramatise cane being returned before tea (5)
15. Joy took part in jungle experiment (4)
17. Ray comes back around end of June for 12 months (4)
21. Dreadful movies about Thanksgiving dinners (7)
23. Eager to change? Say yes! (5)
24. Edge left inside (5)

DOWN

1. Almost a fight (5)
2. Fifty percent of impact caused by little demon (3)
3. Chair in clubhouse attic (4)
4. Meet up by stream (4)
5. Was half the team garbage? (5)
6. Assesses local taxes (5)
9. Feel sick from beer, apparently (3)
10. Spike or Bruce - even \Cleese! (3)
11. Champ's odd-looking hat (3)
12. Stay without a pen? (3)
13. Ms Peron is stuck in \levator (3)
15. Great makeover for a star who wanted to be alone (5)
16. Ten terriers show how to go in (5)
18. Anger about mountain chain (5)
19. One that stands up with trunk, and leaves (4)

Red Herrings

Fill in the gaps with letters to find the names of eight food items. Only eight? Yes, two of the examples are red herrings and won't produce anything but frustration. All the answers have seven letters.



20. Guides to map off Florida (4)
22. Even island can be low-spirited (3)

STRAIGHT CLUES

ACROSS

1. Wrong (5)
4. High building (5)
7. Solar system bodies (7)
8. Pursue closely (4)
12. Witnesses (4)
14. Ordain by law (5)
15. Singing group, ... Club (4)
17. Happy New ... (4)
21. Large table birds (7)
23. Come to terms (5)
24. Move sideways (5)

DOWN

1. Approximately (5)
2. Mischievous kid (3)
3. By the ... of one's pants (4)
4. Bucket down (4)
5. ... not, want not! (5)
6. Gauges worth of (5)
9. Trouble (3)
10. Sheltered side (3)
11. Mushroom top (3)
12. Filthy place (3)
13. Zsa Zsa Gabor's sister (3)
15. Actress, ... Scacchi (5)
16. Throw one's hat in the ring (5)
18. Shooting venue, rifle ... (5)
19. Cedar or oak (4)
20. Lock openers (4)
22. Blue (3)



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. Who is known as PNG's 'Father of Independence'?
2. Which ill-fated ship sailed out of Rabaul on June 22, 1942?
3. Who is PNG's first cardinal, appointed earlier this year?
4. How long is PNG's only land border that divides the island of New Guinea in two: 330, 410 or 820 kilometres?
5. What type of treat are you getting if you buy a packet of Queen Emma?
6. Can you name two countries starting with 'P' that are northern neighbours of PNG?
7. What is the nickname of PNG's national AFL team?
8. What type of sports people are you likely to see in action at Indonesia's Padang Padang.
9. Can you name the premier of Queensland, Australia, and spell her name?
10. What is *ikebana* in Japan?
11. What would you do with a *slit gong*?
12. Former guerrilla fighter Francisco Guterres has been appointed president of which country near PNG?
13. What is the northernmost point of mainland Australia?
14. What was the previous name of the Indian city of Mumbai?
15. Where is Sentosa Island?

Sudoku

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

Rating: ★ ★ ☆ ☆ ☆


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

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Red Herrings

RED HERRING, pretzel, biscuit, teacake, lasagne, souffle,
RED HERRING, crumpet, rissole, pancake.

A	M	I	S	S		T	O	W	E	R
B		M		E		E		A		A
O		P	L	A	N	E	T	S		T
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R		N		T		K				A
E		T	U	R	K	E	Y	S		N
T		E		E		Y		A		G
A	G	R	E	E		S	I	D	L	E

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

The Paradise Quiz

1. Sir Michael Somare.
2. The Japanese POW ship *Montevideo Maru*, which was sunk by a US submarine on July 1, 1942.
3. Sir John Ribat.
4. 820 kilometres.
5. PNG chocolate.
6. Palau and the Philippines.
7. Mosquitoes.
8. Surfers (Padang Padang is a surf spot on the north-west coast).
9. Annastacia Palaszczuk.
10. The art of flower arrangement.
11. Play music. It's a long wooden percussion instrument.
12. East Timor.
13. Cape York.
14. Bombay.
15. Singapore.

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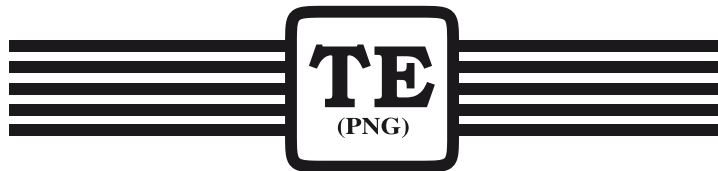
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PAPUA NEW GUINEA VISITOR GUIDE

Out and about

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

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

Phone: International mobile phone roaming is possible in PNG but it is costly. A cheaper option is to buy a local SIM card and pre-paid credit (including data packs for smartphones). It is much cheaper to make international calls from PNG than vice versa.

Complimentary Wi-Fi is becoming more common at hotels, and is also available at Jacksons International Airport.

ELECTRICITY

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

GETTING AROUND

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

Taxis: Recommended firms are Comfort (325 3046) and Scarlet (7220 7000).



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

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

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

HEALTH

Serious medical conditions typically require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation alone can

reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis in some parts of the country.

MONEY

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

SAFETY

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

TIME ZONE

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

EATING, DRINKING, SOCIALISING IN PORT MORESBY

Airways Hotel: Port Moresby's ritziest hotel has several places

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

Asia Aromas: Chinese and Thai by the water at Harbourside. Consistently good reviews on social media. Outdoor seating available. Good spot for sunset drinks. Phone +675 321 4780.

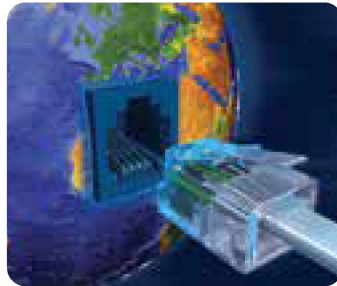
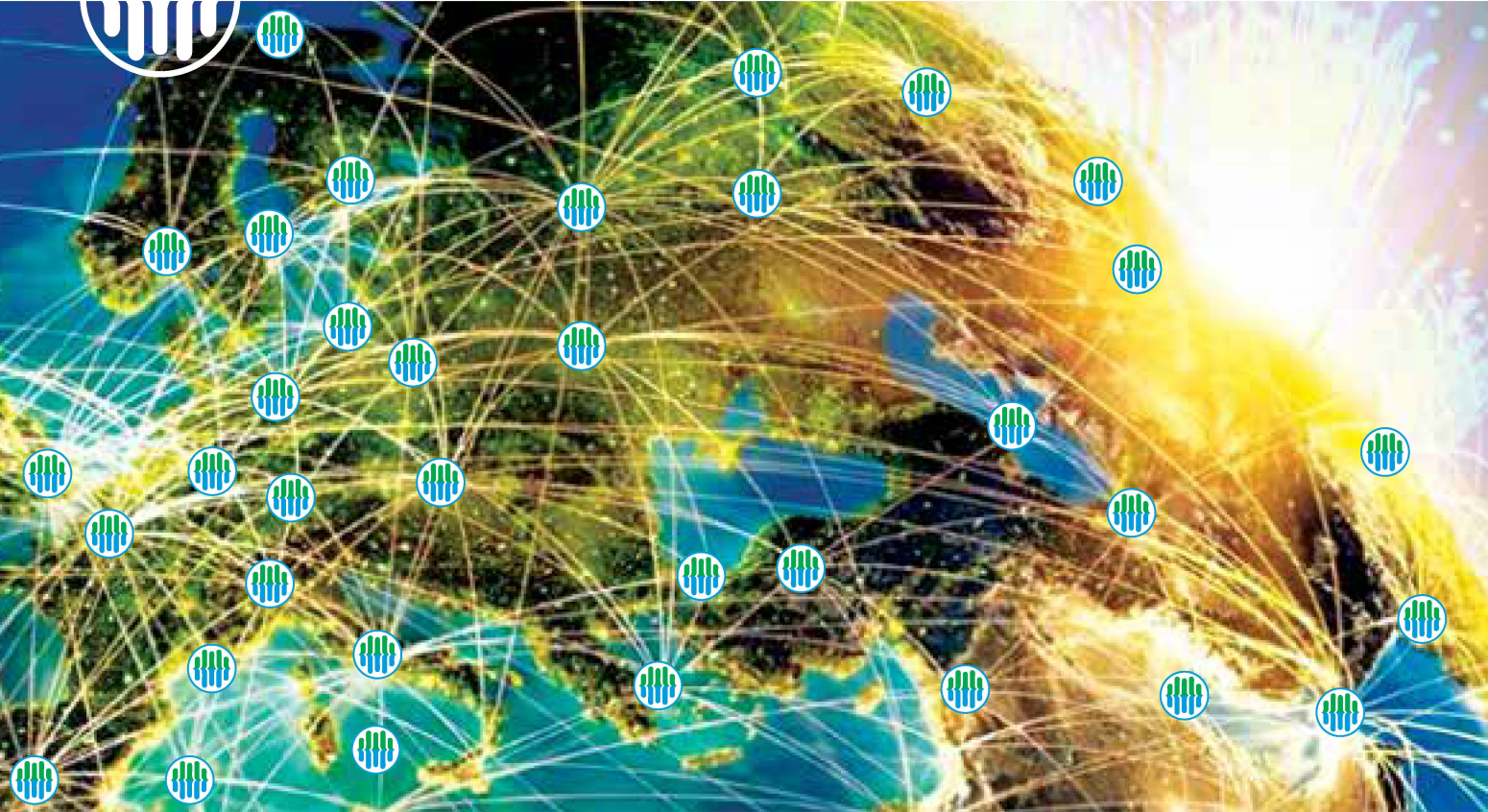
Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See facebook.com/pages/Aviat-Club/141553252563094.

Bel Cibo: A casual and affordable family style restaurant serving Italian-American at Vision City. See belcibopng.com.

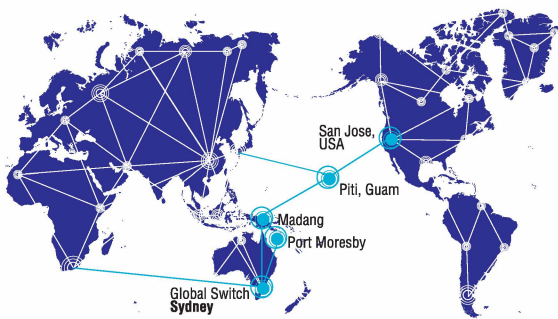
Cafe on the Edge: There are good hamburgers here and breakfast options such as eggs benedict, avocado and crispy bacon. The servings are generous. Located under the residential buildings at Harbour City, ➤



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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, where the steaks and garlic prawns are impressive. Old-fashioned crepes suzette makes an appearance here, too, and is cooked at your table. See ihg.com.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the SVS shopping centre in Harbour City, chefs will whip up your meal at your table. The teppanyaki menu includes several courses. See daikokupng.com.

Duffy Cafe, Gabaka Street: This has rapidly become popular among the expat community, with excellent coffee and homemade cafe-style food. See facebook.com/duffypng.

Dynasty at Vision City: This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls,

dinners and parties. The menu is huge, too, with pages of Asian dishes. Don't miss yum cha on Sundays. See facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956.

Fusion: This is one of the cities busiest restaurants. It's Asian with a *fusion* of flavours from China, Thailand and Vietnam. Takeaway available. See facebook.com/pages/Fusion-Bistro/199229050205354.

Gateway Hotel: The hotel has opened three new affordable food outlets in recent times – Enzo's (pizza), Jackson's restaurant (pizza, pasta, noodles, char grill) and Sizzler's family style grill. Jackson's has a rooftop bar and great views looking over the airport. In addition, the Wild Orchid restaurant has daily breakfast and dinner buffets. See coralseahotels.com.pg.

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

Korean Garden: An affordable menu at Vision City that includes a do-it-yourself barbecue, as well as traditional favourites such as *kimchi* and *gimbap*. See facebook.com/pages/Korean-Garden/595454767289525.

Hosi Ramen: As the name suggests, this Japanese restaurant at Vision City specialises in *ramen* (noodles served in broth with meat and vegetables). See facebook.com/pages/Hosi-Ramen/565779996932557.

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.

Mojo Social: A casual Mediterranean-inspired bar and restaurant on the ground floor of PWC Haus at Harbour City. Tapas-style dishes, risotto and pizza among the offerings. See mojosocialpng.com.

Naked Fish: A seafood and steak restaurant at Harbourside. Great spot for sunsets and the water views. Phone +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. See sogno.restaurant.

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: Curry with great bay views. See facebook.com/tandoorontheharbour/

Tasty Bites: This Indian restaurant is tucked away in the town centre in Hunter Street ➤

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near Crowne Plaza. You won't get a table unless you book. Tel. +675 321 2222.

Vision City: PNG's first major shopping mall houses an increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs. See visioncity.com.pg.

PORT MORESBY HOTELS

Airways Hotel: Airways is located 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. Tel. +675 309 3329.

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

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

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 grandpapuahotel.com.pg. Tel. +675 304 0000.

Holiday Inn: Located in Waigani. Large grounds include 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: Port Moresby's newest hotel (opened in July, 2016) 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.

EATING, DRINKING, SOCIALISING IN LAE

Bunga Raya Restaurant: A local favourite, serving Malaysian-style Chinese. 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: A 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: A private members' club, offering air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel connection to preview all the racing and sporting events. Tel. +675 7347 1058.

Lae International Hotel: Home to three restaurants – Luluai's Italian Pizza, Vanda and Kokomo – which all serve an array of international and Western cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is also a good place for a nightcap, or two. See laeinterhotel.com. Tel. +675 472 7000.

Lae International Hotel
Whether it's after a round of golf or just an excuse to catch up with friends, the club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

Lae Yacht Club: The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food including burgers, steaks and pizza, which goes down a treat with the surrounding views of the Huon Gulf. See laeyachtclub.com.pg. Tel. +675 472 4091.

Mountain View Restaurant: One of Lae's newest restaurants is at the Crossroads Hotel at Nine Mile. Open for breakfast, lunch and dinner, 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.

LAE HOTELS

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 both to Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads/. Tel. +675 475 1124.

Lae City Hotel: One of the newest hotels in town, offering a 24-hour concierge service. Located in the main Top Town area, it also has 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. Just a few minutes from the centre of town, the inn also has conference facilities and a small restaurant serving Western and Indian cuisine. Tel. +675 479 0411.

For general information about Lae, see lcci.org.pg and rainylae.com.

FREE WI-FI AT AIRPORT

Domestic and international passengers at Port Moresby's airport can connect to free Wi-Fi.

HELPFUL WEBSITES

Air Niugini, airniugini.com.pg

Business Advantage PNG, businessadvantagepng.com





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Open Daily for breakfast, lunch or dinner.

Bookings: 327 8100 | coralseahotels.com.pg

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

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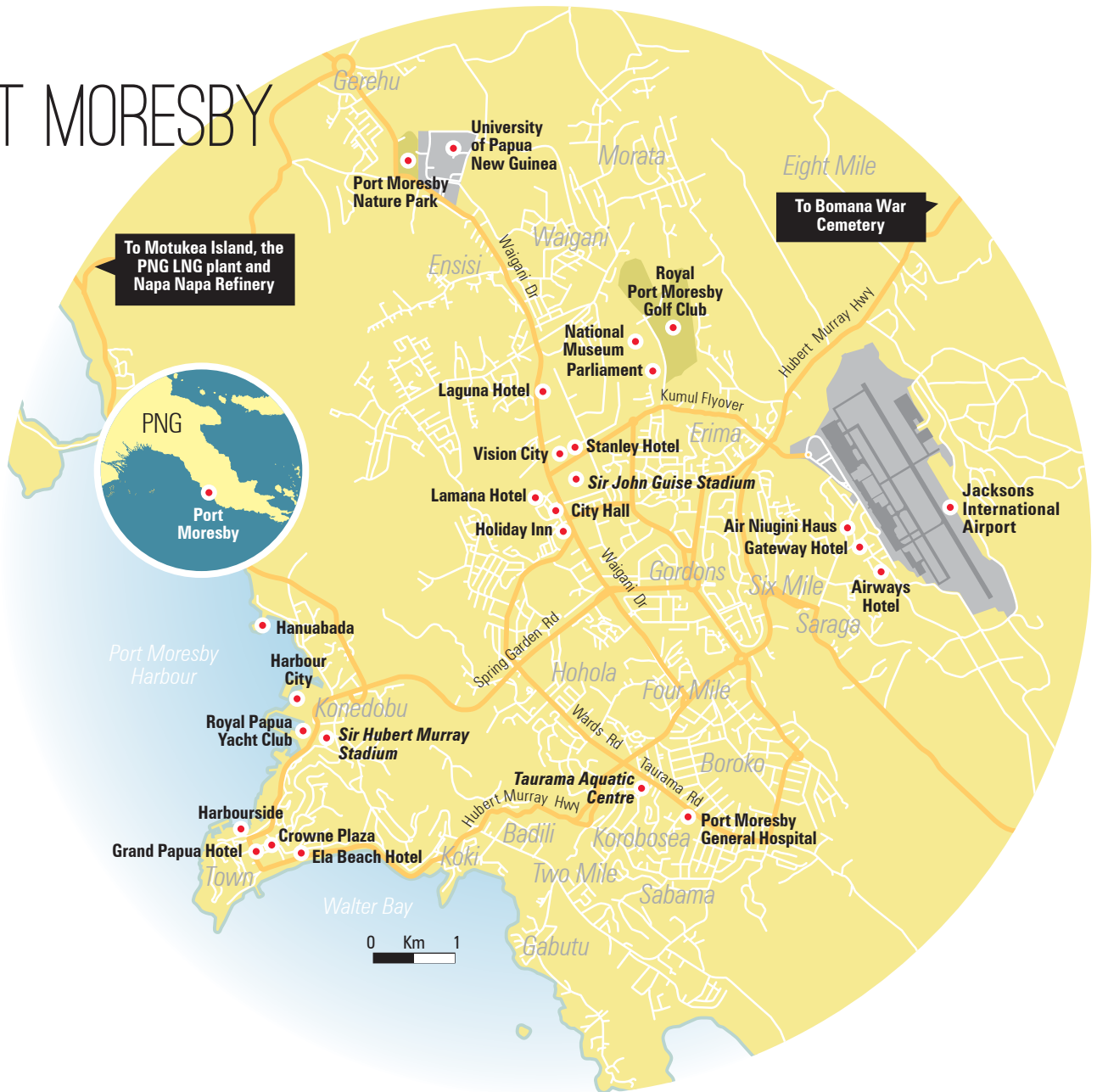
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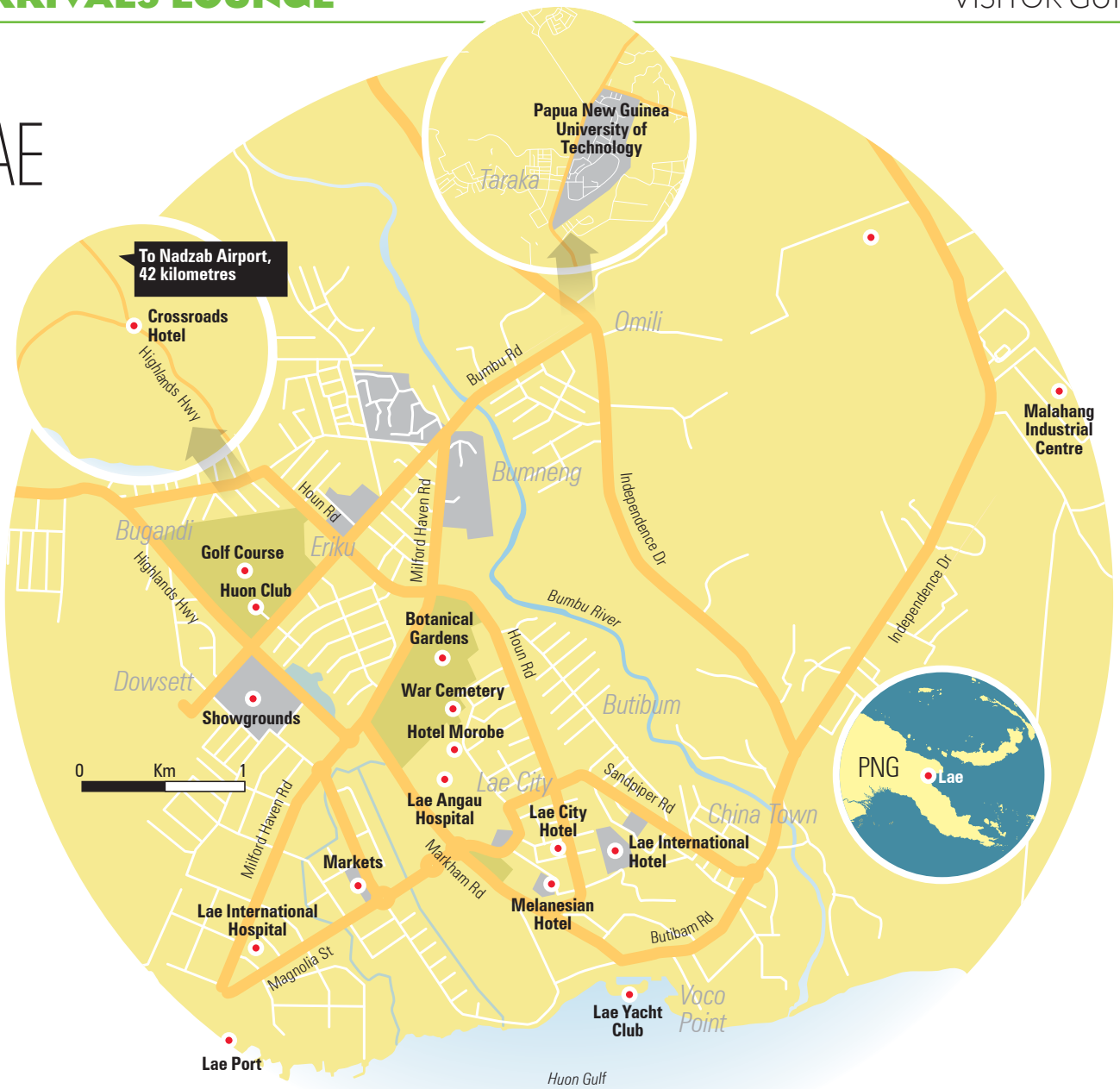
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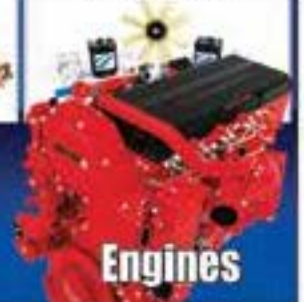


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Engines



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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



War for Planet of the Apes

Genre: Action, Sci-Fi

Rating: PG13

Stars: Andy Serkis, Woody Harrelson, Steve Zahn

Caesar and his apes are forced into war with an army of humans led by a ruthless colonel. After the apes suffer unimaginable losses, Caesar wrestles with his darker instincts.



Batman and Harley Quinn

Genre: Animation, Fantasy

Rating: PG13

Stars: Kevin Conroy, Melissa Rauch, Loren Lester
Batman and Harley Quinn reluctantly team up, alongside Nightwing, to stop a global catastrophe caused by Poison Ivy and Jason Woodrue (aka the Plant-Master).



Diary of a Wimpy Kid: The Long Haul

Genre: Family, Comedy

Rating: PG

Stars: Jason Drucker, Alicia Silverstone, Tom Everett Scott

A family road trip to attend Meemaw's 90th birthday party goes hilariously off course – thanks to Greg's newest scheme to become famous.



Everything, Everything

Genre: Drama, Romance

Rating: PG13

Stars: Amandla Stenberg, Nick Robinson, Anika Noni Rose

Maddy is a smart, curious and imaginative 18-year-old who due to an illness cannot leave her hermetically sealed house. But Olly, the boy next door, won't let that stop them.



My Cousin Rachel

Genre: Drama, Mystery

Rating: PG13

Stars: Rachel Weisz, Sam Claflin, Iain Glen

A young Englishman plots revenge against his mysterious and beautiful cousin, believing that she murdered his guardian. His feelings become complicated as he falls in love with her.



Wonder Woman

Genre: Fantasy, Action

Rating: PG13

Stars: Gal Gadot, Chris Pine, Robin Wright

Before she was Wonder Woman, she was Diana, princess of the Amazons. When an American pilot crashes and tells of a massive conflict in the outside world, Diana leaves her home, convinced she can help.



The Revenant

Genre: Adventure, Thriller

Rating: R

Stars: Leonardo DiCaprio, Tom Hardy, Will Poulter

While exploring the wilderness in the 1800s, legendary frontiersman Hugh Glass sustains injuries from a bear attack. When his hunting team leaves him for dead, Glass must utilise his survival skills.



Befikre

Genre: Comedy, Romance

Rating: PG13

Stars: Ranveer Singh, Vaani Kapoor

Set in Paris, a couple named Dharam and Shyra find love in an impulsive, engaging series of experiences.



Ok Jaanu

Genre: Romance, Drama

Rating: PG13

Stars: Aditya Roy Kapur, Shraddha Kapoor, Naseeruddin Shah, Leela Samson

Adi and Tara move to Mumbai to pursue their dreams. A chance meeting sparks a heady, no-strings attached romance until their careers pull them apart.



Flower and Sword

Genre: Drama, Comedy

Rating: PG13

Stars: Mansai Nomura, Kamejiro Ichikawa, Kiichi Nakai

In imperial 16th-century Japan, Hideyoshi Toyotomi ascends to power. Hideyoshi rules with an iron fist, much to the discontent of the people. Among them, one man works with flowers to bring peace to the land.



Wine Wars

Genre: Action

Rating: PG13

Stars: Leon Lai, Zhang Hanyu, Du Juan

Two childhood friends reunite in France in pursuit of a legendary bottle of wine, said to contain Kublai Khan's secret brew. Suddenly, both men are drawn into an age-old feud between rival vineyards.



Finally Found Someone

Genre: Romance, Comedy

Rating: PG13

Stars: John Lloyd Cruz, Sarah Geronimo, Joey Marquez

Aprilyn is a bride-to-be who gets stood up by her fiancé, Randy, on the day of their wedding. Randy's father hires a PR strategist, Raffy, to maintain his son's image. But Raffy and Aprilyn form a bond.



TV



Social Fabric

Genre: Documentary, Lifestyle

Episode: S1 E1 - The Fedora

Rating: PG

Stars: Kyle Ng

The documentary examines the culture of the fedora from London to Los Angeles. This simple accessory has become a celebrity item, the symbol of a movement, and a staple of the Jamaican Rude Boy culture.



Strange Rumbblings in Shangri-La

Genre: Documentary, Sport

Rating: PG

Reminiscent of a Jacques Cousteau-style expedition, *Strange Rumbblings in Shangri-La* follows a tight-knit ensemble of the world's best surfers as they are challenged by the beauty and power of Mother Nature.



Arrested Development

Genre: Comedy

Episode: S1 E12 - Marta Complex

Rating: PG

Stars: Jason Bateman, Michael Cera, Portia de Rossi

On Valentine's Day, Gob thinks Marta is cheating on him and Buster moves out of his mother's penthouse to be with Lucille 2.



Chance

Genre: Thriller, Crime

Episode: S1 E1 - The Summer of Love

Rating: R

Stars: Hugh Laurie, Greta Lee, Ethan Suplee
Dr Eldon Chance resolves to help Jaclyn Blackstone, a woman with a second personality, escape her abusive, crooked cop husband.



Pitch

Genre: Drama, Sport

Episode: S1 E1 - Pilot

Rating: PG13

Stars: Kylie Bunbury, Mark-Paul Gosselaar
A beautiful, tough and gifted athlete, Ginny Baker is vaulted into instant fame when she's called up by the San Diego Padres to make her Major League debut.



Son of Zorn

Genre: Comedy, Fantasy

Episode: S1 E1 - Radioactive Ex-Girlfriend

Rating: PG

Stars: Cheryl Hines, Dan Lippert, Tim Meadows
With Craig and Edie's engagement party around the corner, everyone is figuring out who to bring.



Trial & Error

Genre: Comedy

Episode: S1 E3 - The Other Man

Rating: PG13

Stars: John Lithgow, Nicholas D'Agosto
After coming up empty on a match to the DNA found in Larry's bedroom, Josh and his team discover new evidence that leads to a shocking new suspect.



Wabbit

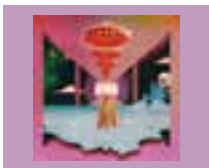
Genre: Family, Animation

Episode: S1 E6 - Bugs vs. Snail / To Catch a Fairy / Bugs in the Garden / Scarecrow

Rating: G

Stars: Jeff Bergman, Dee Bradley Baker, JP Karliak
Bugs is looking forward to a day of kite flying. Bugs wakes up to discover his teeth missing. Bugs' trusty GPS gets him lost in a corn field.

MUSIC



Kesha Rainbow

Genre: Pop Rating: R

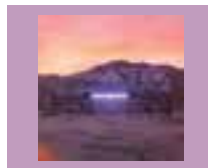
After years of legal battles against her former producer, pop star Kesha has finally gained her freedom, re-emerging with her newest album full of laughter and exuberance.



Fifth Harmony Fifth Harmony

Genre: Pop Rating: PG

Five solo contestants on the American *X Factor* became the international sensation Fifth Harmony in 2012. Though now only four members, the girl group carries on in a powerful eponymous album.



Arcade Fire Everything Now

Genre: Pop Rating: PG

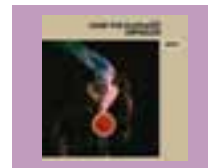
Disco and electro-pop abound in Canadian indie rock band Arcade Fire's fifth album.



Various Artists Despicable Me 3

Genre: Soundtracks Rating: G

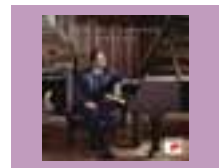
Pharrell Williams heads production once more for the third instalment of the *Despicable Me* franchise. The album also features Michael Jackson and Madonna.



Cage The Elephant Unpeeled

Genre: Pop Rating: PG

Unpeeled is the first live album by American rock band Cage the Elephant.



Leif Ove Andsnes Sibelius

Genre: Classical Rating: G

Leif Ove Andsnes plays the symphonic master's hidden piano gems.

Your health inflight

At Air Niugini we care about your comfort and safety. We have included the following information about your health in-flight that we hope you will find helpful and useful.

When you are flying you can be seated and be inactive for long periods of time. The environment can be low in humidity and pressurised up to an altitude of 2240 metres above sea level. Unlike other forms of transportation, air travel allows for rapid movement across many time zones, causing a disruption to the body's "biological clock". Although these unique factors do not pose a health or safety threat to most passengers, there are guidelines you can follow that will improve your comfort level, during and after a flight. We hope the following recommendations will help you have a more pleasant flight today and in the future.

Blood Circulation / Muscle Relaxation

When you're sitting upright in a stationary position for a long period of time, several things can happen.

The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.

The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.

A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.

Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility.

Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:

- Former or current malignant disease
- Blood disorders leading to increased clotting tendency
- Personal or family history of DVT

- Immobilisation for a day or more
- Increasing age above 40 years
- Pregnancy
- Recent major surgery or injury, especially to lower limbs or abdomen
- Oestrogen hormone therapy, including oral contraceptives
- Dehydration
- Heart failure
- Trauma
- Varicose veins
- Obesity
- Tobacco smoking

Recommendations

- If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- Follow our in-flight exercises programme.

Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

Recommendations

- Get a good night's rest before your flight.
- Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- Leave your watch on home time if you're staying at a destination less than 48 hours. Also try to eat and sleep according to your home time.



- Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time.
- On longer stays, try to prepare in advance, adjust your meal and rest times to be closer to those of your destination.
- Try some light exercise - go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed.
- Fly direct to minimise flight time. This allows you to relax more upon arrival.

Cabin Humidity / Dehydration

Humidity levels of less than 25 percent are common in the cabin. This is due to the extremely low humidity levels of outside air supplied to the cabin. The low humidity can cause drying of the nose, throat, eyes and it can irritate contact lens wearers.

Recommendations

- Drink water or juices frequently during the flight
- Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.
- Remove contact lenses and wear glasses if your eyes are irritated.
- Use a skin moisturiser to refresh the skin.

Eating and Drinking

Proper eating and drinking will enhance your comfort both during and after your flight.

Recommendations

- Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.

Cabin Pressurisation

It is necessary to pressurise the outside air drawn into the cabin to a sufficient density for your comfort and health.

Cabins are pressurised to a maximum cabin altitude of 2440 metres. It is the same air pressure as if you were at an elevation of 2440 metres above sea level. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for most passengers. However, if you suffer from upper respiratory or sinus infections, obstructive pulmonary diseases, anaemias or certain cardiovascular conditions, you could experience discomfort. Children and infants might experience some discomfort because of pressure change during climb and descent.

If you are suffering from nasal congestion or allergies, use nasal sprays, decongestants and antihistamines 30 minutes prior to descent to help open up your ear and sinus passages. If you have a cold or flu or hay fever your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes-the tiny channels between your middle ear chamber. This can cause discomfort during changes in cabin pressure, particularly during descent.

Recommendations

- If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your ear chamber and your throat.
- When flying with an infant, feed or give your baby a dummy during descent. Sucking and swallowing will help infants equalize the pressure in their ears.

Motion Sickness

This ailment is caused by a conflict between the body's sense of vision and its sense of equilibrium. Air turbulence increases its likelihood because it can cause movement of the fluid in the vestibular apparatus of the inner ear. If you have good visual cues (keeping your eyes fixed on non-moving object), motion sickness is less likely to occur.

Recommendations

- When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.



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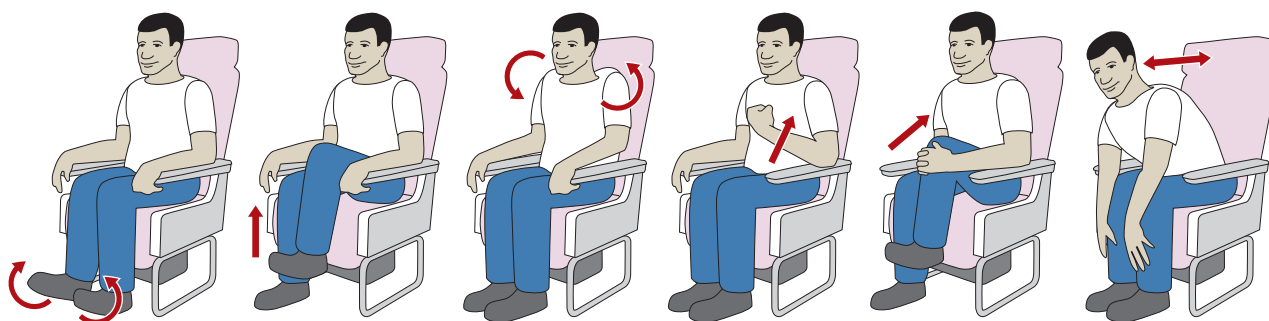
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Your wellbeing



These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these exercises for three or

four minutes every hour and occasionally get out of your seat and walk down the aisles if conditions allow. Each exercise should be done with minimal disturbance to other passengers. None of the following should be performed if they cause pain or cannot be done with ease.



ANKLE CIRCLES

Lift feet off the floor. Draw a circle with toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.

KNEE LIFTS

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.

SHOULDER ROLL

Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.

ARM CURL

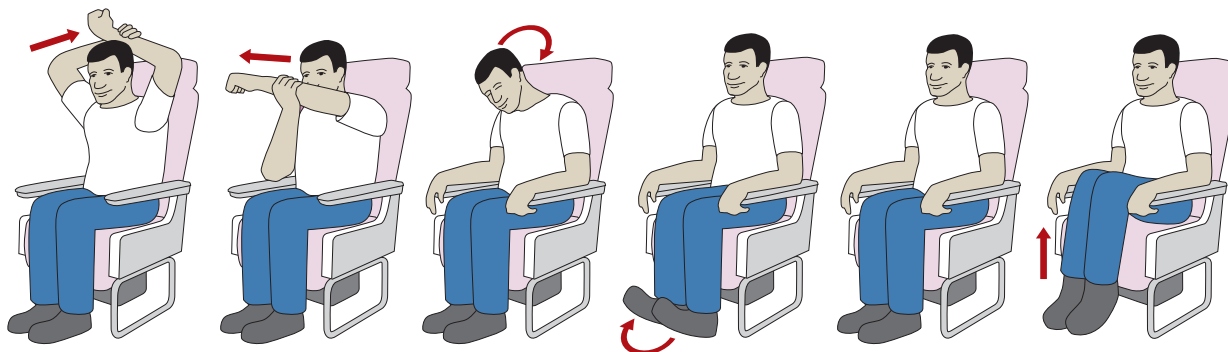
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

KNEE TO CHEST

Bend forward slightly. Clasp hands around left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.

FORWARD FLEX

With both feet on the floor and stomach held in slowly, bend forward to walk your hands down the front of your legs towards your ankles. Hold stretch for 15 seconds and slowly sit back up.



OVERHEAD STRETCH

Raise both arms straight up and over your head. With one hand grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat other side.

SHOULDER STRETCH

Reach right hand over left shoulder. Place left hand behind right elbow and gently press elbow towards shoulder. Hold stretch for 15 seconds. Repeat other side.

NECK ROLL

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about 5 seconds. Repeat 5 times.

FOOT PUMPS

Foot motion is in three stages.
1. Start with both heels on the floor and point feet upwards as high as you can.

2. Put both feet flat on the floor.

3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.

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