

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 5 SEPTEMBER - OCTOBER 2018



# PARADISE

## BOUGAINVILLE 10 REASONS TO GO

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PNG flies the flag at Melanesian Festival

### ISLAND GUIDE

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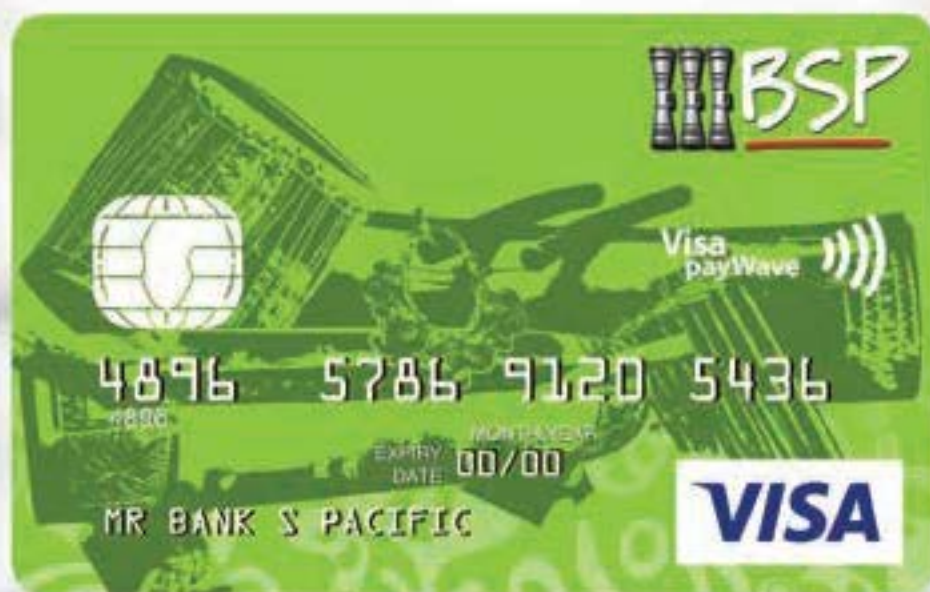
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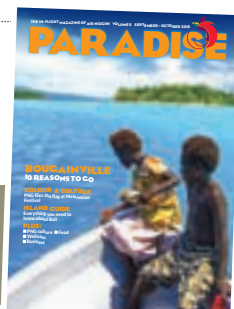
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*Cover photo: Children on a fishing excursion in Bougainville. See page 24 for our story, '10 must-do Bougainville experiences'. Picture: David Kirkland*



# PARADISE

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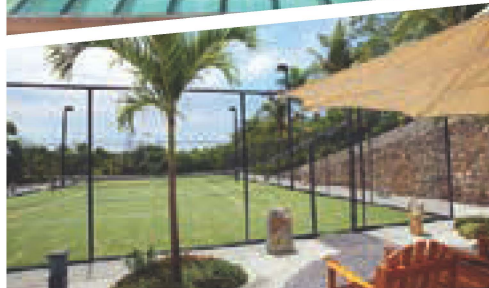
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# Message from the Chief Executive Officer

## Welcome aboard



I would like to start by thanking our outgoing chairman, Sir Frederick Reiher, for his enormous contribution to Air Niugini as director and chairman over the last 13 years. His chairmanship started as Papua New Guinea's LNG construction-driven boom was coming to an end and global commodity prices were already falling.

Against this challenging background, Sir Frederick has been instrumental in guiding the airline through turbulent

times, and making necessary changes and improvements. Among these achievements are:

- The establishment of Link PNG, a wholly owned subsidiary airline servicing remote and underserved towns. It has enabled the airline to continue delivering on its community service obligations, even in difficult economic times.
- The standardisation of the airline's fleet to Boeing aircraft for international services, and Fokker and Dash-8 aircraft for domestic and regional operations.
- Building on the training and up-skilling of our national engineering staff, which has now enabled heavy maintenance checks on Dash-8 and Fokker aircraft to be carried out at the airline's facilities in Port Moresby – thereby reducing and eventually ending overseas maintenance work as well as building our human-resource capacity and generating savings in foreign currency.
- The enhancement of our mainline domestic services with a fleet of 13 Fokker aircraft providing customers with faster and more comfortable services, as well as the expansion of our regional and international flights including Pohnpei and Chuuk in the Federated States of Micronesia. More frequencies have also been added to destinations such as Singapore, Hong Kong, Manila and Honiara.
- The establishment of Jackson's International Airport as a hub airport for Australia, Asia and the Pacific Island states.
- Standardisation of pilot contracts into a single contract for both citizen and non-citizen pilots, based on productivity.
- Implementation of a home ownership scheme for national contract staff to replace the company housing policy, which was in place

since the formation of the airline. Non-contract staff are also being assisted in this vital area.

- Construction of conveniently located accommodation for foreign contract staff, including pilots, and other airline transit needs, within the Jacksons Airport precinct. It was completed in December 2017 and is now fully tenanted. This accommodation will significantly lower Air Niugini's accommodation costs.

All these achievements, and others, would not have been possible without the leadership of Sir Frederick and support of his fellow directors, and for that we once again say thank you.

On a similar note, we now welcome the new chairman, Sir Kostas Constantinou, OBE. Sir Kostas is a prominent business figure in Papua New Guinea, holding a number of high-level public and private sector appointments. He has extensive experience in various industry sectors in PNG since his appointment as general manager and director of the Constantinou Group of Companies in 1982.

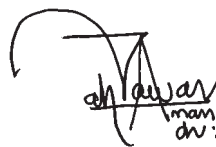
Sir Kostas is chairman of a number of companies, including Airways Hotel and Apartments Limited, Lamana Hotel Limited, Lamana Development, Alotau International Hotel, Bank of South Pacific Limited and now Air Niugini Limited.

He is director of several hotels in PNG, the Solomon Islands, Samoa, Fiji and New Zealand, and is also vice president of the Employers Federation of PNG, honorary consul for Greece in PNG, honorary consul for Cyprus in PNG and trade commissioner for the Solomon Islands to PNG.

In addition, Sir Kostas holds several community services roles with the Anglicare Foundation, Salvation Army Red Shield advisory board, Burnet Institute and Kokoda Foundation.

With Sir Kostas' wealth of experience and extensive network, we look forward to working with him to continue building on the foundations laid by the former board, and to working on new opportunities to bring Air Niugini forward.

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

A handwritten signature in black ink, appearing to read 'Tahawar Durrani', with a stylized flourish above it.

Tahawar Durrani  
Acting Chief Executive Officer – Air Niugini Limited







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# Air Niugini sets on-time record

Running like clockwork ... Air Niugini has been setting on-time performance records.



Air Niugini achieved its best ever on-time performance (OTP) earlier this year.

Sir Frederick Reiher, the then chairman of the airline, said the average OTP during May was 91 per cent, not just the best ever for Air Niugini, but higher than all airlines in Australia, New Zealand and the Pacific region.

"Even more impressive is the fact that Air Niugini achieved 100 per cent OTP over seven days in the same four-week period," he said.

"I am proud of this milestone in the history of our national flag carrier. I give full credit to our management team, and all our employees.

"Several months ago we experienced a series of issues, requiring the cancellation and amalgamation of some services, principally brought about by a shortage of pilots for our Fokker aircraft fleet," Sir Frederick said.

"We were not alone in experiencing pilot shortages. Qantas, Virgin, and other airlines

in our region experienced the same problem, and it continues to be a challenge for all airlines as the international demand for jet aircraft pilots remains very high.

"As a result of our own shortage, we took immediate steps to recruit and train more pilots, and make changes to our schedules without reducing the effectiveness of the service to the people of Papua New Guinea," he said.

"This has been an outstanding effort by our whole team. The challenge now is to maintain it and that will be the focus of the board and management, and the airline's 2100 employees."

Sir Frederick said that given the particular challenges with aircraft flying in PNG – rugged terrain and remote areas that are served – an average OTP of 91 per cent is exceptional.

"I know our valued passengers appreciate the improved service we are offering across the nation. It is our commitment and determination to maintain and build on it," Sir Frederick said. ■

## AIR NIUGINI APPOINTS RURAL SALES AGENTS

Air Niugini has appointed four rural sales agents to deal with customers in under-served rural communities who do not have direct access to the airline's services.

The agents are businessmen and women in their communities and are endorsed, supported and trained by Air Niugini.

The four agents appointed so far are in Maprik in East Sepik Province, Kainantu in the Eastern Highlands, and Kudjip and Banz in Jiwaka.

The Maprik agent is located at the Unidomet Business Consultancy premises, the Kainantu agent at Jerutifa Services Limited, the Kudjip agent at Kingku Travel and the Banz agent at Topoinz Limited.

Six more agents will be appointed across the country soon.

Air Niugini's general manager commercial services, Dominic Kaumu, says that the initiative is a part of the airline's commitment to service rural populations. He says the airline understands the challenges people face in rural areas to access airline services.

"With local representation, people in rural areas do not have to travel long distances at significant costs to get to a sales office to purchase Air Niugini tickets or services. They can access these services right where they are." ■



Serving the community ... Air Niugini rural sales agents and airline staff at recent training in Port Moresby.







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# Heavy maintenance commences in PNG

**A**ir Niugini has started performing in-house heavy maintenance checks in Port Moresby.

The airline's acting chief executive officer, Tahawar Durrani, said it's a milestone for the airline to carry out the checks on its Fokker 100 and 70 aircraft onshore.

He said the arrangement would save the airline almost PGK2.5 million for each heavy maintenance check. Previously, an aircraft had to be sent overseas for such maintenance.

“

It is a landmark achievement that will save Air Niugini millions of kina.

”

“The board has been pursuing this for some time. Whilst it is challenging to have such checks done onshore, we are pleased to be able to implement this process for the first time with our jet aircraft at our own hangar and by our own engineers.



**Check up ... in-house heavy maintenance checks are now being done by PNG engineers who have gone through years of extensive training.**

“It is a landmark achievement that will save Air Niugini millions of kina now and in the years to come.”

He said that apart from cost savings, the new arrangement will also result in improved facilities and capacity building in terms of local knowledge and up-skilling of maintenance staff.

Air Niugini's general manager of aircraft maintenance, Benedict Oraka, said heavy

maintenance checks on Fokker aircraft are carried out every two to three years. Lighter checks are done every two to six months.

“Our team is all set and motivated to do this heavy maintenance and refurbishing work, including installation of new business class seats,” he said.

Air Niugini has been approved by the PNG Civil Aviation Safety Authority to do the checks. ■

## Free air tickets part of group travel deal

**A**ir Niugini has kicked off a ticket promotion that provides a free ticket to anyone who arranges a fully paid group of 15 people or more for any return flight on Air Niugini.

Air Niugini and its subsidiary companies, Link PNG and Business Travel Centre (BTC), are carrying out the 'Ab-Free' (absolutely free) promotion jointly.

BTC's general manager, Floyd Smith, said the initiative involves Air Niugini's domestic and international sectors and is targeting passengers travelling in groups, whether it be



**Just the ticket ... Air Niugini's Helen Alu Damai explains the airline's free ticket promotion to customer Illa Warupi and her children, Cathy and Ogi, at the Business Travel Centre at Port Moresby's Harbour City.**

for leisure, church activities or island breaks. “We will offer the best available group fare. The group travel organiser will receive an absolutely free return ticket from Air Niugini, with no extra charges. A group with 30 people or more will earn the organiser two free tickets,” he said.

The promotion excludes travel to national sporting titles, funeral groups, regular annual events and several other categories.

The 'Ab-Free' promotion started on June 30 and will continue until the middle of next year. ■







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Since 2006, we have helped 64 Papua New Guinean women attend the Global Women in Management (GWIM) training program including women's leader and gender rights advocate, Mary Michael Tamia.

Inspired by the newfound skills she acquired through her involvement in GWIM, Mary established a training centre in the village of Hoyabia where she conducts training in financial management, proposal writing, leadership and advocacy for local women.

Encouraging women to empower other women creates a powerful multiplier effect that benefits all of society.

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## PARADISE Q&A

# ALITHIA BARAMPATAZ

The human rights advocate talks about the growing success of the PNG Human Rights Film Festival, touring the country from September until November.



### What is the festival about?

It's an annual festival in its ninth year, showing films about human rights issues that impact PNG, such as gender-based violence, the right to health and land, and freedom of speech. This year, we are showing between 25 and 30 films, as short as five minutes up to feature length. The festival travels to Port Moresby, Madang, Goroka and Bougainville. Last year, more than 1000 people attended: it's one of those catchy events that can inspire people of all ages and backgrounds.

### How did you get involved?

In 2010, I came home to Port Moresby after studying in the US, and became involved with the festival committee. It was the first year of the festival. In 2013, I became the national human rights officer for the United Nations Office of the High Commissioner for Human Rights, which leads the festival committee, so I've been lucky enough to be involved every year since the beginning.

### What's the theme of this year's festival?

This year's theme is 'Tokaut nau long senisim tumora'. It means 'Speak up today to change tomorrow'. We're highlighting films that show the change that one individual can inspire or make. We want to emphasise that you don't have to be a lawyer or someone with a lot of money to make change. Included in the line-up are three short films by PNG filmmakers. They cover the right to education, sorcery accusation-related violence and the challenges of living in a modern society with strong traditional influences. It's amazing how they're able to bring you on a full journey in just 10 minutes.

### Is a human rights film festival necessary?

Art has the power to move people. There is an appetite among the PNG public to learn more about human rights issues, and the festival is a rare chance to engage with public officials and NGOs working in this space. Some topics can be very delicate to discuss publicly, such as domestic violence.

Film creates enough distance so that you're able to first talk about the film, then reflect on your own situation. Each night, we show films with a common theme, and have an interactive panel discussion with the audience on how that issue affects PNG and how people can get involved in addressing it.

### Where are the films from?

The PNG films feature locations including Nagamuifa and Goroka in Eastern Highlands Province, as well as scenes shot in East New Britain, Madang, Milne Bay as well as Port Moresby and the urban village of Vabukori, in the National Capital District. They're in Tok Pisin, English and some have local Tok Ples languages/dialects as well, while the international films are in a range of languages, from Kiribati to Swahili, with English subtitles. ■

— BELINDA JACKSON

**The PNG Human Rights Film Festival runs from September 28 until November 2. See [facebook.com/PNGHRFF](https://facebook.com/PNGHRFF).**







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# New satellite to lower PNG internet costs

A new satellite is expected to lower internet costs in Papua New Guinea, particularly for in remote areas. The Kacific-1 satellite will operate on a new set of high frequencies that deliver a large amount of low-cost bandwidth to small and inexpensive antennas, says Christian Patouraux, chief executive officer



**Christian Patouraux ... says the new satellite will be of huge benefit to PNG's outer islands.**

of Singapore-based Kacific Broadband Satellites.

Using the next-generation of satellite, based on technologies that are already successfully operating in the US, Australia, Europe, Asia and the Middle East, Kacific expects

to enter the Pacific market in 2019.

The company is called Kacific, as its satellites will use the Ka-band frequency, and was inspired by the need to bring better internet to the Pacific region, Patouraux tells *Paradise*.

"We think Kacific-1 will be of huge benefit to communities on PNG's outer islands and in the Highlands, which are hard and costly to access using fixed line, cable and cellular communications infrastructure.

"With high-speed broadband internet, health clinics will be able to access expert doctors over video, schools will be able to



access up-to-date online learning resources and learn vital IT skills, and small businesses will be able to reach new customers online."

Patouraux expects small communities will share the internet service.

An antenna costs around \$US300 and a user or household will spend from \$US5-\$US10 for three to six gigabytes of data, which Kacific

estimates an end user or a household, sharing the antenna in a community, would use in a month.

Governments and telecommunications providers in three South-East Asian countries and 11 Pacific Island countries, including PNG, have signed up for Kacific's services. ■

— KEVIN McQUILLAN

## NUMBER CRUNCH

# 1511

That's the date when the Portuguese became the first Europeans to sight New Guinea, however they did not land until 1527 when Don Jorge de Meneses came upon the western tip of New Guinea and named it *ilhas dos Papuas*. Source: newworldencyclopedia.org.

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## Outdoor luxury in Japan

A new glamping resort has opened in Japan, near Mount Fuji. Fujino Kirameki is about a 90-minute drive from Tokyo.

The property is on about two hectares and has full views of Mount Fuji.

There are 20 sleekly designed air-conditioned cabins, with full bathroom facilities, an outdoor jet bath and outdoor deck with grill and fireplace.



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## HOTELS FLICK PLASTIC STRAWS

The Marriott International hotel group has started a plan to remove disposable plastic straws and plastic stirrers from 6500 properties it owns across the world.

It is just the latest in a line of hotel chains around the world to introduce bans on single-use plastic items.

Once fully implemented, the Marriott says it will eliminate the use of one billion plastic straws per year and about a quarter billion stirrers.

The company says that a single plastic straw, which may be used

for about 15 minutes, will never fully decompose.

The Marriott does not have any hotels in Papua New Guinea, but has properties in Air Niugini destinations, including Brisbane and Sydney.

Meanwhile, as reported in the May/June issue of *Paradise*, a big plastic clean up is under way in PNG.

The campaign by Help PNG is targeting single-use plastic bags, as well as plastic straws, bottles, cups, knives and plates. ■

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# BIG PICTURE

PICTURE: ELODIE VAN LIERDE

It's late afternoon over the Pacific Ocean in the Tigak Islands, in northern New Ireland Province. This young boy has welcomed his father and uncle back from a long day of fishing out at sea.



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







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# 10

## MUST-DO BOUGAINVILLE EXPERIENCES

Raw and unexplored by tourists, Bougainville has everything from smouldering volcanoes to beautiful blue water for snorkelling. *Adam Constanza reports.*

**T**he moment you touch down and adjust your watch to Bougainville time (one hour ahead of mainland Papua New Guinea time), an adventure begins. There are volcanoes, waterfalls, caves and

World War 2 relics to see, as well as island hopping and snorkelling.

The region is raw and unexplored by tourists, but whoever ventures there will be warmly welcomed by Bougainvilleans. Here's our list of 10 of the best experiences.

**Blue wonder ... a local takes the plunge in Bougainville.**







## 1 STAY ON POKPOK ISLAND

There's something magical about Pokpok (aka Crocodile) Island, with children splashing and giggling in the shallows, chickens roaming the beach, and hornbills and white cockatoos flapping overhead. And don't worry, the island gets its name for being the shape of a crocodile, not because it's a haven for them.

Uruna Bay Retreat, the only tourist accommodation on the island, provides a place to kick back and relax. Or, with the reef right off the beach, you can snorkel over giant clams, shoals of inquisitive fish and reef sharks. Then head off kayaking in the sheltered bay, explore nearby uninhabited islands, or hop in a banana boat with your host and catch your dinner by hand-line fishing.

Accommodation is a three-bedroom beachside house with kitchen and bathroom, or two smaller wooden bungalows, both with rustic ensuite bathrooms, and all just 30 seconds from the water's edge.

See [urunabayretreat@gmail.com](mailto:urunabayretreat@gmail.com).

## 2 TREK OVERNIGHT IN THE MOUNTAINS OF ROTOKAS

To delve into the forest-covered mountains of Bougainville you'll need a couple of days, a passion for adventure, and an experienced guide, such as one provided by Rotokas Ecotourism.

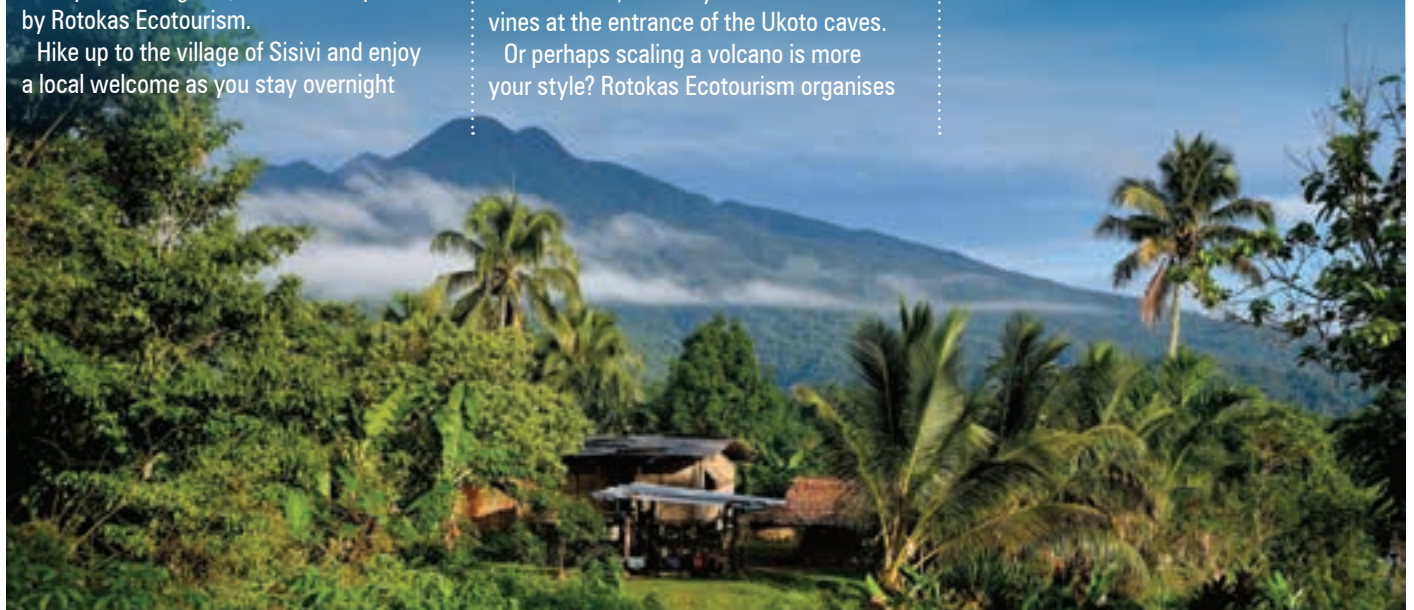
Hike up to the village of Sisivi and enjoy a local welcome as you stay overnight

in a traditional-style house, then trek onwards for a full-on day of waterfalls and caves deep within Bougainville's lush forest canopy. Get set to wade through rivers, tread up cascades on grippy, porous volcanic rock, and maybe even climb the vines at the entrance of the Ukoto caves.

Or perhaps scaling a volcano is more your style? Rotokas Ecotourism organises

treks to smouldering Mount Bagana, to the south, and Bougainville's highest peak, Mount Balbi, to the north; you can pitch a tent in the jungle on a two or three-day camping adventure.

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





## Bougainville experiences

Island hopping ... go fishing, snorkelling or exploring among the islands of Bougainville; or trek into the interior (below) and visit a village.

### 3 GO ISLAND HOPPING

Bougainville has many islands to explore – the biggest challenge is getting to them, which adds to the adventure.

In Buka, ask around the boat stop to find someone to take you to White Island, Christmas

Island or Sun Island. If you'd rather not venture quite as far, Sohano Island is about five minutes away and can be circumnavigated on foot in about an hour.

In Arawa, ask at your guesthouse for suggestions of islands to explore and how

best to arrange a boat. For something a little different, Metora Island, 30 minutes from Arawa, is a tiny, ever-shifting sand island, where birds take a well-earned rest among thousands of hermit crabs.

### 4 VISIT A VILLAGE

Children playing, cockerels crowing and smoke billowing from the *haus kuk* – with the majority of Bougainvilleans still living in villages, you might say a visit to one is the best way to see Bougainville.

There are several village stays offering overnight tourist accommodation, including Pidia Village Mini Guest Haus outside Arawa.

Here, you can paddle an outrigger canoe, take a walk at low tide around the stunning peninsula, or get a hands-on lesson in making the local delicacy of *tama tama*, (a sweet treat of cooked taro, cassavas and bananas, often reserved for special occasions and visitors). Otherwise, just chill out and enjoy taking turns with the local *pikinini* at splashing off the rope swing into the sea.

If you want to go on a day trip to villages near the towns of Buka, Arawa or Buin, ask your guest house operator. A visit will need to be organised ahead of time by someone who has a close connection to the community, so it's best to discuss the possibilities with the guesthouse in advance of your trip. ➤

**To book at Pidia Village Mini Guest Haus, visit them on Facebook.**





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## Bougainville experiences

### 5 WANDER THE MARKETS AND SMALL STORES OF BUKA, ARAWA AND BUIN

The marketplace is the hub of town, an explosion of chit-chat, colour and neatly organised produce in small heaps – from spiky-red rambutan, to the always present banana, taro and *kaukau* – as well as treats like fried fish for lunch and *buai* (a betel nut that's chewed with crushed lime and mustard as a stimulant).

The main market in Buka operates every day except Sunday; Arawa opens Monday, Tuesday, Thursday and Friday; and Buin market is open on Thursday and Saturday mornings. Smaller markets are available seven days a week all across Bougainville.

Spend a couple of hours wandering around the many small stores. It's a great way to mingle and get to know the people. Plus, the stores are a treasure-trove of unknown quantities, from second-hand clothing, to ice-cream cones, to packets of Em Nau crackers for a snack on the go.



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## Bougainville experiences

### 6 SNORKEL OFF THE BEACH, OFF A BOAT OR OFF THE ISLANDS

PNG has incredible snorkelling (see our PNG snorkelling hit list on page 46), and Bougainville is no exception. There are many top snorkelling destinations, and you can have most of them to yourself.

Gaze upon graceful angelfish, anemonefish protecting their patch, and shoals of shimmering neon blue, yellow and silver damselfish.

The islands off Arawa, including Pokpok Island as well as the outer reef, offer particularly good snorkelling spots. Your boat skipper will be able to advise on the best spots in the area.

In Buka, organise a trip out to White Island, Christmas Island or Sun Island. ➤

Pure delight ... snorkellers and swimmers are rewarded with pristine jungle-fringed water (this page); fried fish for lunch (opposite page).



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## Bougainville experiences

### 7 WATCH A SING-SING OR BAMBOO BAND PERFORMANCE

People travel from all over the world to experience a colourful *sing-sing* or the hypnotic beats of bamboo bands at big festivals in PNG. In Bougainville you might get the chance to watch a performance in a smaller, more intimate setting, which is something to be treasured.

Look out for public holiday celebrations and other advertised general public events in Buka and Arawa, where a *sing-sing* or bamboo band is often included.

Performance-focused events include the Reeds Festival (bi-annual) and Cool Culture Competition (annual), held in Arawa around mid-year.

Tradition ... a Bougainvillean *sing-sing* group (this page); catching a ride in a PMV (opposite page).



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Bougainville experiences



# CATCH A LIFT IN A PUBLIC MOTOR VEHICLE (PMV)

Travelling in Bougainville's PMV fleet of open-back trucks and 10-seater Landcruisers is the most common method of transport throughout the island. The main and largely unpaved road snakes its way along the east coast, sandwiched between the Crown Prince Ranges and the Pacific Ocean.

It's undeniably bumpy, but a great experience. There's never a dull moment on a PMV trip – stopping off at market stalls for a bunch of peanuts, replacing a flat tyre, and responding to the many waves from people you pass by. Plus, with Bougainvilleans being super welcoming, you and your travelling companions will all have shared a few stories by the time you say goodbye.

PMVs from Arawa going north to Buka depart around 5am or 6am, Monday to Friday, and arrive at Buka about 10am. The standard cost is PGK60 a person. They can be booked in advance and pick-up is at your guesthouse.

PMVs from Buka going south to Arawa depart around midday, depending on how long they take to fill up with passengers, arriving in Arawa around 5pm. Bookings are not necessary; instead simply take a two-minute banana boat ride across Buka Passage to Kokopau, and then select your PMV. ➤

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## Bougainville experiences

## 9 EXPLORE WORLD WAR 2 RELICS

Bougainville offers visitors the chance to view rarely seen World War 2 relics in the bush, including Japanese admiral Isoroku Yamamoto's Mitsubishi G4M 'Betty' plane in the Buin District.

An insightful local guided trip to Rigu Lagoon, 20 minutes from Arawa, provides a look at Japanese trenches, machinery and other artefacts, as well as a chance to hear fascinating stories about the lagoon.

From Buka Island a five-minute boat ride takes you to Sohana Island, a World War 2 Japanese seaplane base, which can be circumnavigated by foot in less than an hour, with no guide required.

**To arrange a tour of Rigu, contact DJ Garden Lodge in Arawa, [facebook.com/djgardenlodge](https://www.facebook.com/djgardenlodge). To discuss other tour options, contact Bougainville Experience Tours, [boughtours.com](https://www.boughtours.com).**

War bird ... there are World War 2 relics to be seen throughout Bougainville (right); a golden sunrise on the island (below).



## 10 CONSIDER A LONGER STAY AS A VOLUNTEER

There's no better way to experience a destination like Bougainville than staying for an extended period. It enables you to get involved with community initiatives, make friends and get a feel for day-to-day life.

Volunteering organisations in Bougainville include Volunteer Service Abroad, in New Zealand, Australian Volunteers International, and Horizont 3000 from Austria. ■



**Air Niugini flies from Port Moresby to Buka daily. See [airniugini.com.pg](https://airniugini.com.pg).**





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# Seeds of success at PNG's nature park

Nature ramble ... a group of youngsters at Port Moresby Nature Park (above) and one of the feathered residents (opposite page).

*Nicola Gage* reports on the Port Moresby attraction that is receiving international accolades.

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Surrounded by tropical plants and the calming hum of native birds, it's easy to forget you're in Papua New Guinea's capital while exploring Port Moresby's Nature Park.

You might encounter the endangered pesquet parrot or come face to face with a cassowary – in that moment, you could be lost in part of the country's dense, untouched jungle.

The park has come a long way since 2012 when it transformed from the National Capital Botanical Gardens. Recently, it received international recognition for the second time from the Zoo and Aquarium Association of Australasia (ZAA) for its work.

"You can see now, all of the hard work is paying off," the park's general manager, Michelle

McGeorge, says. "It's really the first time that an institute holding animals in this country has received an award and been recognised internationally."

It's no secret that PNG has one of the most diverse and unique environments in the world.

types live here, with scientists continuing to discover more.

The nature park is a microcosm of the incredible PNG environment; a canopy walkway leads you through several exhibits where you can see tree kangaroos, a multitude of birds

"For us, the park is really about having a voice to promote those (environmental) issues and raise awareness," McGeorge says.

"Tourism has been a fantastic benefit but the mission of the charity is to educate Papua New

“

The nature park is a microcosm of the incredible PNG environment.

”

Despite the country making up less than one per cent of the globe's land area, it contains more than seven per cent of the world's biodiversity; more than 700 bird species and 20,000 plant

and countless other animals and plants. It runs a series of programs to teach people about protecting the environment – much of PNG's land remains internationally unprotected.

Guineans on their biodiversity, and for them to want to protect the environment."

The park's award from ZAA in May recognised this work – specifically, in educating ➤



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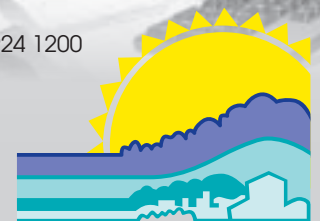
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## Seeds of success

youth. Six years ago, a few thousand students were completing the park's education program, learning about the country's unique biodiversity. That number jumped to more than 19,000 children last year. It's expected to rise again in 2018–19.

The park is somewhat of the quiet achiever of Port Moresby. Tourists often fly in, only to jump on another flight to the hotspots of East New Britain, Kavieng or Milne Bay. But managers at the park are slowly attempting to change this, encouraging tourists to spend an extra night in the nation's capital, to learn about its fascinating flora and fauna.

In September, the park is going through ZAA's formal international accreditation process, to be considered an international

welfare-accredited zoo. This will be a huge feat not only nationally, but on an international stage; it will be the first time a developing country has ever sat a test of this calibre.

"Just the fact that we're members (of ZAA) is still a massive achievement because we had to submit a whole lot of policy and show that we were operating at what they considered an absolute minimum level," McGeorge says.

"When we have the accreditation, our welfare standards will be considered equal to Taronga Zoo (Sydney), Melbourne Zoo, all of the top zoos in our region.

"For us, it's more about saying that PNG is the leader in this space.

"It also means that it opens more doors for us internationally with partnerships, with other zoos and even the UN, for example."

This year, the park will see a new bird of paradise exhibit open, as well as a reptile precinct.

McGeorge thinks of the park as the gateway to PNG; tourists can visit and get a holistic taste of PNG, before heading off on their holidays elsewhere.

"I guess this is a bit like the teaser or the snapshot of PNG," she says.

"You can come in and see different parts of the country, different artefacts and cultural displays. It's that hope we have that we can at least excite in them (tourists) the desire to come back and travel further." ■

### NEED TO KNOW

**WHERE** Port Moresby Nature Park is next to UPNG, corner of Waigani Drv and Goro Kaeaga Rd, Waigani.

**HOW MUCH?** Adults PGK8, students (with ID) PGK 5, children (3–12 years) PGK 4.

**OPEN** 8am to 4.30pm daily, except Saturday (5pm).

**MORE INFORMATION** facebook.com/pg/PortMoresbyNaturePark/ or +675 3260248.

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# BREATHTAKING

## snorkelling adventures in Indonesia

With snorkel and mask in hand, *John Borthwick* sets sail on a 12-day voyage on a classic schooner.

Full sail ahead ... the *Ombak Putih* (above right); overwater abode at Padei Besar (below right).



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With its soaring bowsprit and gaff-rigged sails, *Ombak Putih* looks like a classic Bugis schooner that has just sailed out of a Joseph Conrad novel. Our good ship might seem like a traditional Indonesian *phinisi*, but below decks she's air-conditioned with en suite cabins and twin marine diesels.

We set out from Gorontalo in northern Sulawesi on a 12-day voyage through the province's eastern islands and then down towards the island of Flores and its Komodo dragons. Snorkelling is the main event on our agenda and our first plunges set the tone, notably at the curiously named Hotel California Reef. The ship's two inflatable tenders shuttle us to the drop-off point and we are immediately immersed in an oceanic floorshow. Countless, nameless (at least to me) fish flit past in a phantasmagoria of clown-like finery or cunning camouflage.

The reef is a ballroom of the tides, a samba school with fins – and a place where similes come to die of inadequacy. But the memory is indelible. You can surface any time you like but you never quite leave. After an hour we swim back to the tenders, minds buzzing.

*Ombak Putih* (the name means 'white wave') cruises on to Papan Island where we visit a village of formerly nomadic Bajao sea gypsies who now live in overwater stilt houses. Excited kids come out to snorkel with us, wearing their homemade, wooden diving goggles.

After a long passage, under power, south to Central Sulawesi's Banggai Archipelago, we reach the home of a unique species of cardinalfish. These islands are the only place on earth to see the Banggai cardinalfish in the wild and finding this exquisite animal is a Nemo-style quest among our 14 passengers. Our Indonesian guides soon locate a shallow reef, ➤







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Breathtaking



A rare sight ... the Banggai cardinalfish (left); an evening in quiet waters after a day of snorkelling (right).



where amid an angel's maze of corals, we spot the tiny, fabled cardinalfish.

The seven-centimetre long creation is perfectly named. Black bands run down its cream body while its delicate swallowtail

and fins are tricked out in pearly dots resembling a matador's suit of lights. Sadly, this glittering creature might soon disappear because it is being collected for the aquarium trade faster than it reproduces.

Back on board, our Balinese chef Gede and his team keep re-fuelling us with steak, soups, *gado-gado*, fritters, salads and curries.

*Ombak Putih* has a sturdy wooden hull whose planks and ribs whisper to each other in the tongue-and-

groove language that wooden ships have always spoken. Each night I drift to sleep while eavesdropping on their deep-sea gossip.

Every day we discover another reef's wonder world of drop-offs, giant clams and morays. ➤



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## Breathtaking

**Essential gear ... homemade goggles used for snorkelling by local children. Fishing line holds the two pieces together.**

Down below are colleges of surgeonfish, choirs of angelfish and brain corals. Epic reefs that we judge as '10 out of 10' are soon eclipsed by the next numinous garden that scores 11, if not 12, out of 10.

Novelist Joseph Conrad, who worked these waters in the 1880s, the last great days of sail, wrote: "Suddenly, a puff of wind ... laden with strange odours of blossom, of aromatic wood, comes out of the still night – the first sigh of the East on my face." Some things remain constant. On the ship's shaded upper deck we can laze from afternoon into dusk, looking up at



“

We visit a village of sea gypsies who now live in overwater stilt houses. Excited kids come out to snorkel with us, wearing their homemade, wooden diving goggles.

”

times from a book or a cold beer to catch wildfire lightning twitching across a far horizon.

How to draw a line, I ask myself, under recording all these raptures? How can I not mention, for example, the three turtles I see suspended above a drop-off's blue abyss like satellites adrift in space?

We draw breath above water long enough to visit more Bajao villages in the Padei Islands, and then cross the Banda Sea to South Sulawesi's pristine Wakatobi National Marine Reserve. Here, on Binongko Island a blacksmith sweltering at his anvil endures our nosey cameras while he inverts the noble tradition of turning swords into ploughshares by bashing old truck leaf-springs into new machetes. The final leg of our cruise is to be a long ➤



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# Breathtaking



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passage southwest from Sulawesi to Flores Island and its legendary Komodo dragons, but a trifecta of weather, technology fails and airline schedules conspires against us. *Ombak Putih* can't make headway against the swell and we have to turn back to Wakatobi to wait out the weather,

by which time completing our ambitious itinerary becomes near impossible.

Beyond here be Komodo's dragons but, alas, not for us this time. Instead we change course, stay calm and carry on snorkelling. ➤

## NEED TO KNOW

**HOW TO DO IT** SeaTrek's cruise – Corals, Cultures and Dragons – is a 12-day excursion from northern Sulawesi to western Flores, costing \$US6990 (about PGK23,000).

**MORE INFORMATION** [seatrekbali.com](http://seatrekbali.com).

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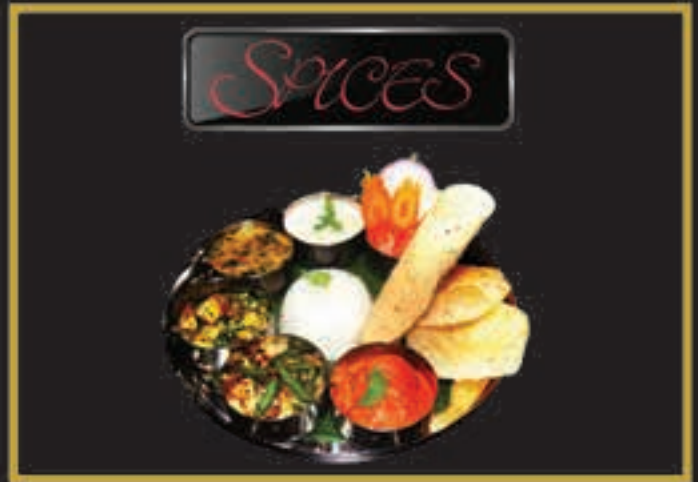
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## Breathtaking

### FIVE GREAT SNORKELLING SITES IN PNG

Bound by the Bismarck, Coral and Solomon seas, Papua New Guinea is one of the world's best marine tourism destinations. With about 45,000 square kilometres of reef systems, its coral gardens, wrecks and kaleidoscopic fish species are ideal for snorkelling.



**1. Kimbe Bay, West New Britain** The huge marine reserve of Kimbe Bay, with over 400 varieties of hard coral and 350 of fish, is among the best snorkelling areas anywhere. Its Walindi Plantation Resort, famed among divers, allows equally rich options for snorkellers.



**2. Nivani Island, Deboyne Islands, Milne Bay** Tiny Nivani could also be called 'Nirvani', so crystal-clear are its waters. Snorkellers here can easily reach a relatively intact World War 2 Japanese Zero fighter that lies in just three metres of water.



**3. Nusa Island, Kavieng, New Ireland** Across the channel from Kavieng town, Nusa Island and its adjacent harbour waters boast extensive reefs with plentiful coral gardens, sponges, rays and a vivid pantheon of tropical fish.

**4. Tawali, Milne Bay** At Tawali, near the easternmost point of the PNG mainland, a snorkel and mask are all you need for marine thrills. Clouds of fish flit beside a reef drop-off whose walls are layered with coral antler forests.

**5. Simpson Harbour, East New Britain** For divers, Simpson Harbour has numerous World War 2 wrecks and reef walls to explore, while for snorkellers there are brilliant shallow reefs and an old Japanese submarine base at Tavui Point. ■

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# Travel like a world

PICTURES: SINGAPORE TOURISM BOARD

*Carolyn Beasley* lifts the lid on the Singapore hotels and attractions visited by US President Donald Trump and North Korean Supreme Leader Kim Jong-Un.



Light show ... Singapore's skyline (main); Gardens by the Bay, visited by Kim Jong-Un (top right).

**T**he nuclear summit between the US and North Korea in June focused the world's attention on neutral host city, Singapore, spotlighting lavish hotels and iconic attractions. So, if you fancy visiting Singapore like a world leader, where should you stay and what should you do?

Accommodating a head of state is not simple and, during the summit, President Donald Trump and his posse stayed at Singapore's Shangri-La Hotel. Incorporating lush gardens with free-form pools and tennis courts, the hotel is a city oasis. As the original Shangri-La property, this hotel sets high standards.

If you are travelling like a world leader, opt for the Shangri-La Suite, with an average price of \$SG15,000 (about PGK35,700) a night. You can expect 348 square metres of luxe, including a private lift to your suite.

Fittings include twinkling chandeliers, bathrooms glistening with white marble and bathtubs with televisions. The suite features a workout room, study, and kitchen, and importantly, personalised bathrobes, pillow cases and stationery.

Thankfully, there are many other cheaper room options here.

High-flying can be hungry work, so keep things high-brow in a private room at NAMI, the Japanese fine dining restaurant on the hotel's 24th floor, or head to Shang Palace, serving traditional Cantonese dishes. For something casual, Origin Grill offers sustainable seafood and a wide selection of beef, while Waterfall Restaurant serves southern Italian favourites.

Less than a kilometre away, the St Regis Hotel was chosen by North Korea's Supreme Leader, Kim Jong-Un, for his stay. For a top-shelf





# leader



experience, the presidential suite on the 20th floor rents for a mere \$SG9000 (about PGK21,400) a night. The opulence is jaw-dropping; think Czech crystal chandeliers, velvet sofas, gilded tables and hand-painted silk panelling. This suite comes with a gym, 10-person dining room, and a four-person jacuzzi. To indulge your artistic side, tinkle the ivories on your grand piano or study the original Marc Chagall painting.

Opting for a cheaper room need not count you out of VIP treatments. The St Regis prides itself on being the only hotel in Singapore offering a personal butler to every room. Equally, all guests can travel like a leader, hiring the hotel's chauffeur-driven Bentley.

For VIP dining at St Regis, visit Brasserie Les Saveurs for Sunday brunch, where champagne bottles are opened with a sabre. For casual Italian food, head to the poolside LaBrezza, or for weekend dim sum, try Yan Ting

Restaurant. At Astor Bar, an Asian twist is given to the classic bloody mary, and the 'chilli padi mary' will leave you tingling.

For the summit itself, elegant Capella Hotel was chosen. The hotel, on Sentosa Island, incorporates two heritage bungalows from 1880, previously accommodating British officers. A stylishly curved modern wing houses most guest rooms.

A dining highlight here is a sumptuous Sunday brunch served at The Knolls restaurant on the terrace overlooking cascading pools and the ocean. You may dine with wild peacocks and spy hornbill birds in the forest canopy. Modern Cantonese is offered in Cassia restaurant, while Bob's Bar is the place for a beverage, invoking a 1950s Cuban atmosphere. ➤





## Travel like a world leader

If you venture out of Capella, you'll find Sentosa Island is Singapore's playground. Fun attractions here include theme park Universal Studios, the waterslides of Adventure Cove, and the SEA Aquarium. For an adrenaline rush, zipline from mountain to beach at MegaZip Adventure Park, go careening downhill on a luge, or indoor skydive at iFly.

No matter how wonderful the hotels, even world leaders enjoy exploring and Kim managed to take in some of the must-see sights of Singapore.

Kim's tour began with the world's largest glass greenhouse, the Flower Dome at Gardens by the



**Hotels of choice ... the leaders met at the Capella Hotel (right); the Shangri-La Suite, where Donald Trump checked in (far right).**



Image © David Doubilet/Walindi Resort

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A new dive liveaboard vessel begins operation out of Walindi Resort in Jan 2019.

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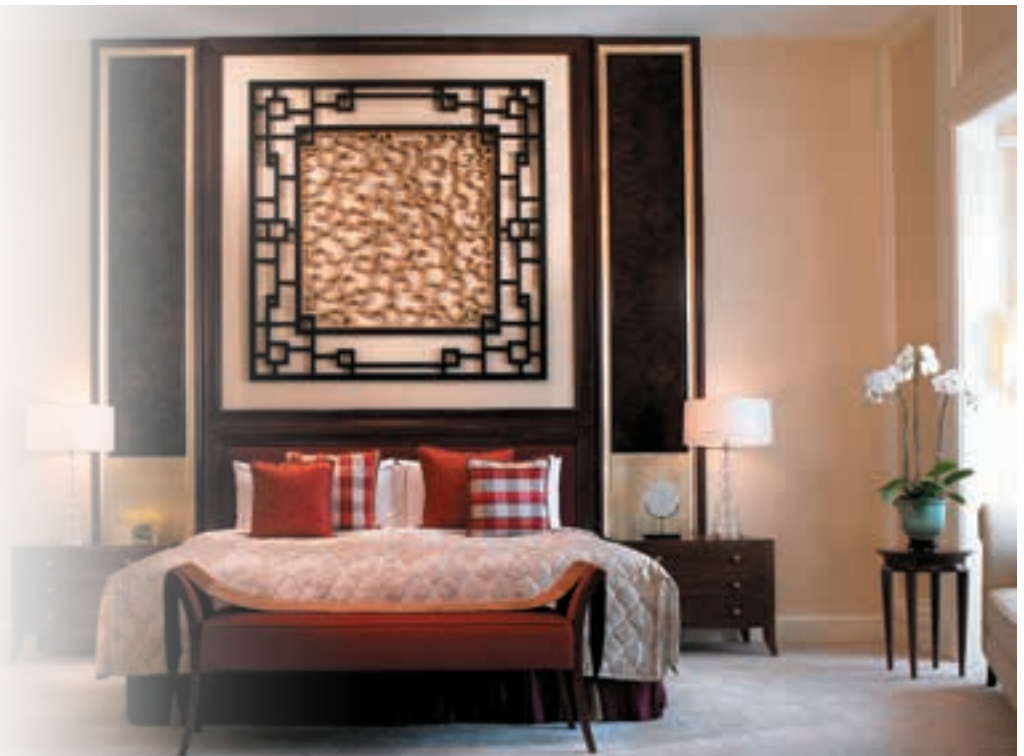


## Travel like a world leader

Bay, a waterfront garden complex on more than 100 hectares.

Visitors on a less dictatorial schedule may also visit the second glass conservatory, the Cloud Forest, that recreates the misty high-altitude tropics, including a 35-metre-high indoor waterfall. Supertree Grove is another highlight, where large tree-like structures dominate the skyline, and every night a free light and music show delights crowds.

From the gardens, Kim zipped up to the 57th storey of iconic Marina Bay Sands integrated resort. Here the SkyPark Observation Deck (entry \$SG23) provides a commanding view. Alternatively, the same view is available at Ce La Vie SkyBar, where your entry fee (\$SG20) can be offset towards a cocktail. ➤



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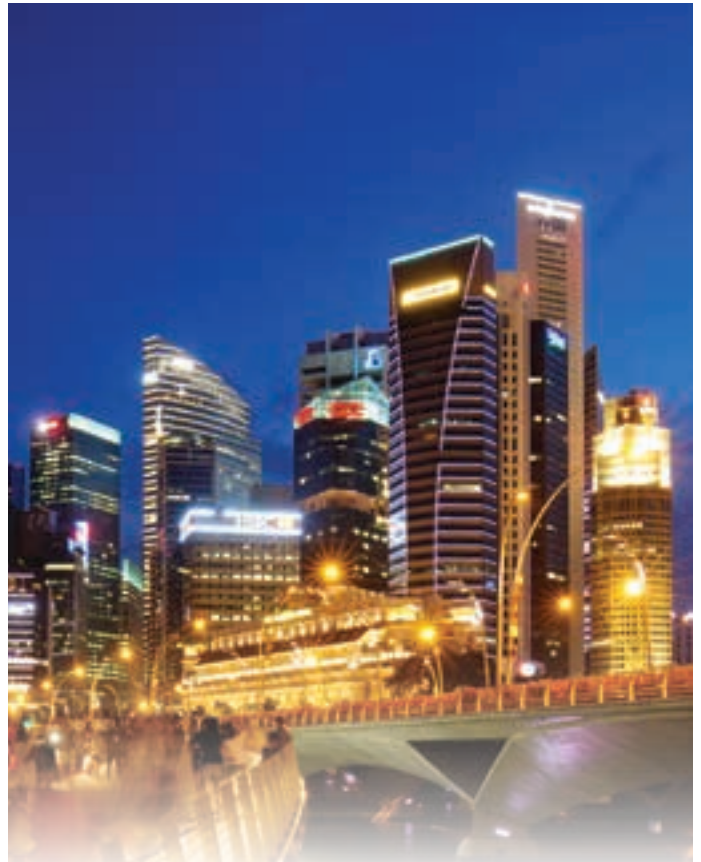
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Travel like a world leader



Supreme accommodation ... Kim Jung-Un stayed at the St Regis Hotel (above); and took a stroll over the Jubilee Bridge (right).



Kim strolled around Marina Bay, past the colonial-era Fullerton Hotel and the half-lion, half-fish Merlion statue. Crossing Jubilee Bridge, opened in 2015 to commemorate 50 years of Singapore's independence, he came to the Esplanade theatres where he concluded his tour.

Visitors exploring further may try a traditional 'bum boat' tour, a hop-on-hop-off bus, or perhaps a guided walking tour. The offerings for visitors here are diverse, and Singapore can deliver a fabulous stay whether you visit as a VIP or a regular traveller. ■



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### NEED TO KNOW

**STAYING THERE** Double rooms at Shangri-La Singapore start at \$SG391 (about PGK930) a night. Double rooms at St Regis Singapore start at \$SG414 (about PGK985) a night. Double rooms at Capella Singapore start at \$SG584 (about PGK1400) a night.

**MORE INFORMATION** [stb.gov.sg](http://stb.gov.sg); [gardensbythebay.com.sg](http://gardensbythebay.com.sg); [marinabaysands.com](http://marinabaysands.com)





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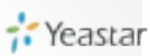
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**W**hether you love to surf or shop, dive or chill out, Bali satisfies its many and varied admirers. It's an epic shopping stopover, a top-notch dining destination, and stay options range from vast tropical villas to family-friendly hotels.

**EXPLAINER**

Bali comprises several areas. In this guide we cover Kuta, Seminyak and Canggu (pronounced 'Changgu').

Downtown Kuta is just five kilometres north of Bali's main airport, near Denpasar, with upmarket Seminyak another four kilometres north. New kid on the block, Canggu is another 10 kilometres further up

Bali's western coastline from Seminyak, through green rice paddies.

As a rule of thumb, Kuta is a magnet for backpackers and budget partygoers, while Seminyak attracts a more upmarket crowd. Fast-growing Canggu used to be the sleepy surfers' escape, but is now itself booming ([indonesia.travel](http://indonesia.travel)).

**GETTING AROUND**

Don't let southern Bali's short distances fool you: the narrow roads are crammed with mopeds, carts, taxis and pedestrians, which makes for slow going. Avoid the morning and afternoon peak hours.

At the airport, companies will meet you and fast-track you through customs to your transfer car waiting outside: pre-book

**ISLAND GUIDE:**

# BALI

Bali has a wow factor for tourists and is aiming to attract a whopping seven million visitors this year. *Belinda Jackson* reports on the attractions of the Indonesian island.

Shining bright ... Bali is popular with tourists, and it's no wonder with sights like this sunset framed by a water temple.





before you travel (baliairport.com).

Taxis are cheap and plentiful: either ask for the meter to be turned on, or agree a price beforehand. For the intrepid or the short of time, mopeds or motorbikes will also give you a lift for a few rupiah.

Note that a *jalan* is a street, and a *gang* is a connecting alleyway. Also, streets change

their names as they pass through different areas. And if you're not confused yet, some names have been updated over the years, such as Seminyak's so-called Eat Street, Jalan Kaya Ayu, which is also known as Jalan Laksmana and even Jalan Oberoi (whew!).

#### SIGHTS

It's easy to tap into Bali's welcoming religious culture: Pura Petitenget is a beautiful seaside temple (*pura*) where you'll spot devotees gathering on the island's many significant dates. On Kuta beach, you'll find small *puras* that receive offerings from locals every morning and evening.

Despite its recent fame, Canggu is still a surfers' paradise

for the famed reef breaks off Echo Beach. Early morning sees surfers scanning the waves, while the black-sand beach is a magnet for walkers, photographers and board riders all day long.

The three areas of Kuta, Seminyak and Canggu are all set on the coast, with wide beaches that beg for long walks. ►





## Island guide: Bali

### BALI SPECIAL

Love sunsets, beach life and lazy afternoons spent by the water's edge? This is the island for you. Bali's gentle soul draws visitors seeking solace, and wellness retreats are a speciality. Yoga fans can find studios offering all styles from mysore to ashtanga: sign up for an hour or a week. Take a look at wellness retreat Samadi Bali ([samadibali.com](http://samadibali.com)), which also has a vegetarian cafe and market.

The streets are awash with offers of massages: Seminyak's Jari Menari ('dancing fingers') constantly wins awards for its all-male team of masseuses, while Bodyworks, also in Seminyak, is always busy and always first-rate ([jarimenari.com](http://jarimenari.com), [bodyworksbali.com](http://bodyworksbali.com)).



Indonesian style ... a quiet beachfront seat at Canggu's Hotel Tugu.

### CULTURE CULTURE

Catch a traditional dance, whip up a Balinese treat in a cooking class or tap into the island's mythical history.

Taken from the epic poem *Ramayana*, the Kecak Fire Dance is a dramatic evening performance

by up to 50 musicians and dancers. The most famous location is at Uluwatu Temple, so plan an afternoon trip south. Driver and dance packages are available from every hotel, or turn up at Uluwatu before it

starts around 6pm to buy your tickets.

Bali is a predominantly Hindu island and religious festivals are plentiful all year. New Year is heralded in with Nyepi Day, a day of silence, which means there are no flights or ship arrivals, no work and no travel around the island: use it as day for reflection and relaxation. Next year, it falls on March 7. The day before sees parades of huge *ogoh-ogoh* puppets and 'fire wars' in the villages, to frighten away evil spirits.

The Dean Fisher Cooking Class in Seminyak Square takes you through the markets and through Hindu culture and cuisine as part of its one-day classes ([deanfisherbali.com](http://deanfisherbali.com)). ➤

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## Island guide: Bali

### RETAIL THERAPY

Away from the ramshackle shops selling tie-dye and Bintang beer T-shirts, Kuta's Beachwalk mall (beachwalkbali.com) is the stop for the big international fashion players as well as some local names such as beachy Bamboo Blonde (bambooblond.com).

It's all about fashion in Seminyak: ground zero is shiny, air-conditioned Seminyak Square shopping centre (seminyaksquare.com) on Jalan Laksmana. Use it as a base to explore the surrounding streets, which host a vast spread of international designers producing local fashion, much of which is adorned with beadwork and handmade lace. Many ensure the workers producing these intricate clothes are paid fairly: the list

should include Lulu Yasmine, Magali Pascal and Natasha Gan (luluyasmine.com, magalipascal.com, natashagan.com) for knock-'em-dead evening wear and statement pieces, while Pura Vida (puravidafashion.com) and Biasa (biasagroup.com) will set you up with fun party dresses and super-stylish men's and women's resort wear.

Love matchy-matchy? Lila Lane (lillalane.com) is a great start to find a matching shoes/clutch/belt combo.

Another Island Living's (anotherstores.com) Indo-Indian blankets are lustworthy, while Kim Soo (kimsoo.com) has impeccable homewares and jewellery as well as a stylish little cafe.

Canggu's beachy vibe ➤

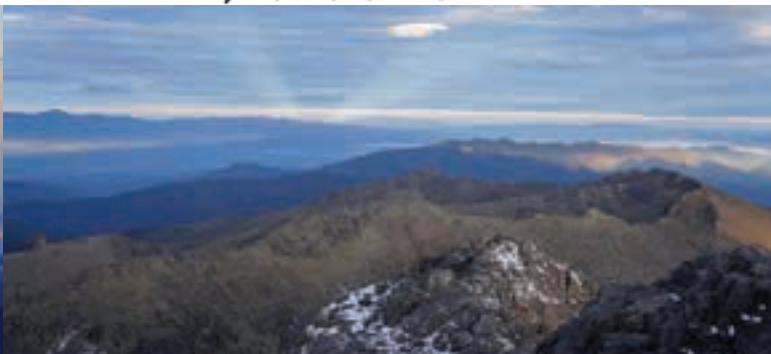


Homeware heaven ... Kim Soo has a range of stylish things for the home, as well as a cafe.



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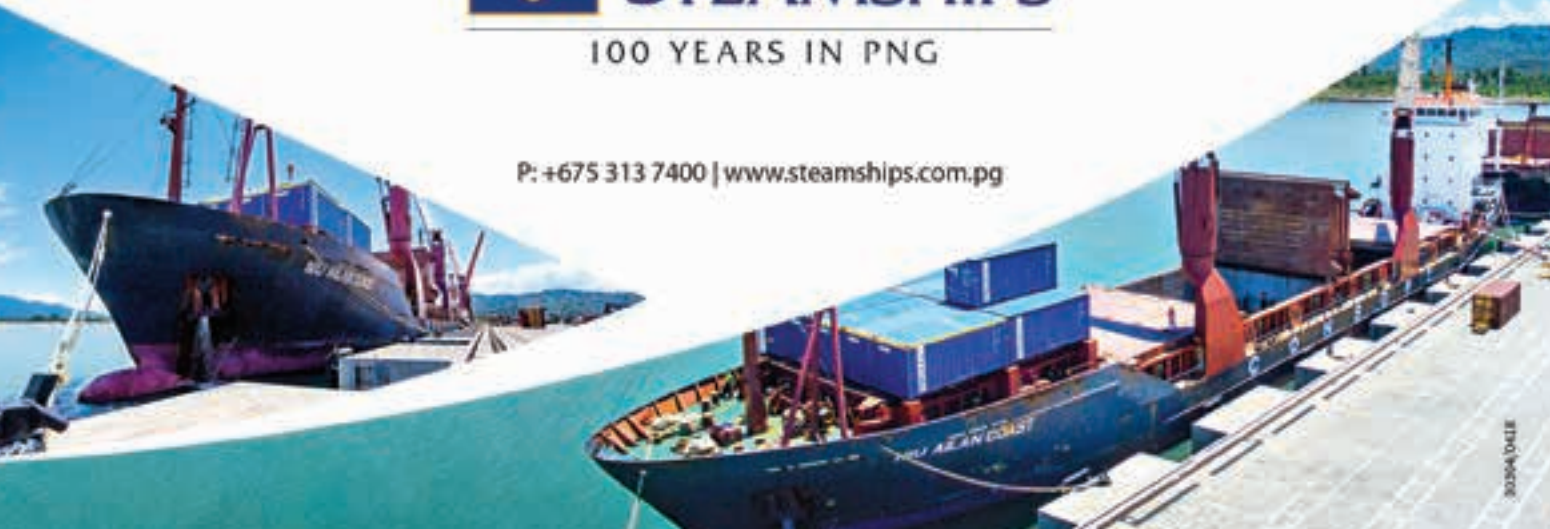
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## Island guide: Bali

Surf's up ... board riders scope the waves at Echo Beach (right); catch of the day at Alila Seminyak (middle right); one of Bali's famed sunsets from the Como Uma Canggu hotel (far right).

translates into its boutiques: homewares store Bungalow Living will kit your house out in beach chic, and you can top up with ethical buys from Beyond Borders and Jungle Trader's treasure trove (bungalowlivingbali.com, beyondbordersimports.com, thejungletrader.com).

The latest opening, Lyfe Concept Bali (instagram.com/lyfe\_by\_marina), blends a cafe, homewares and fashion featuring local designers on Jalan Pantai Berawa, while those needing a surfboard as a souvenir should head to Deus ex Machina, in Seminyak and Canggu (deuscustoms.com).

## PILLOW TALK

Every budget is catered for in these three key tourist areas: families appreciate Sheraton Bali Kuta's (sheratonbalikuta.com) fantastic kids club and it doesn't hurt that it's linked to Beachwalk Mall.

Seminyak is filled to the brim with beautiful villas: Elite Havens lists some of the island's iconic properties, while Space Villas is popular with smaller families with very young children (elitehavens.com, spaceatbali.com).

For beachfront beauty, Alila Seminyak (alilahotels.com) channels cool Asian tropical style and runs shopping safaris,





Charlie Lynn's

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Island guide: Bali



while Canggu's newest hotel is the stylish Como Uma Canggu ([comohotels.com](http://comohotels.com)), which has hooked up with luxury surf safari company TropicSurf ([tropicsurf.com](http://tropicsurf.com)).

com) to create a surf school at nearby Echo Beach.

Lovers of Indonesian design will find a soulmate in Canggu's Hotel Tugu ([tuguhotels.com](http://tuguhotels.com)).



EATS

Seminyak has some of the best restaurants on the island, which would easily hold their own in the food capitals of the world and, happily, won't break the bank.

Jalan Petitenget is the street to remember: dress up smart for prolific Bali chef Wil Meryick's beautiful Sarong ([sarongbali.com](http://sarongbali.com)), dine on sustainable seafood among rice paddies at Sardine ([sardinebali.com](http://sardinebali.com)) or order an Asian high tea

with champagne or turmeric juice in the beautiful 150-year-old *joglo* (traditional timber Javanese house) that is home to Biku ([bikubali.com](http://bikubali.com)).

For a step further into Indonesian cuisine, pop into a warung, which will serve up Balinese and other regional foods for just a handful of rupiah. Favourites include fun old-timer gone upmarket, Made's Warung ([madeswarung.com](http://madeswarung.com)), complete with Balinese ➤

## The place to stay in Kokopo

Kokopo Beach Bungalow Resort is the place to stay when you are in Kokopo. Ideally located in the heart of Kokopo with panoramic views of islands and volcanoes, and access to your own private beach. Featuring:

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## Island guide: Bali

dancers and Warung Sulawesi (200 Jl Petitenget 200, Seminyak). Vegans rate Ithaka Warung (ithakawarung.com) for its affordable organic fare in Canggu.

### WATERING HOLES

Sunset watchers are spoilt for beachside bars.

Ku De Ta (kudeta.com) is on the beach at Seminyak and is one of the island's long-time top spots for drinks, while beach shack La Plancha has beanbags on Double-Six beach (laplancha-bali.com).

Those in luck will score a lounge facing the waves at Alila Seminyak's stylish Beach Bar (alilahotels.com), while Old Man's (oldmans.net) is the place for a beer by Echo Beach in Canggu.

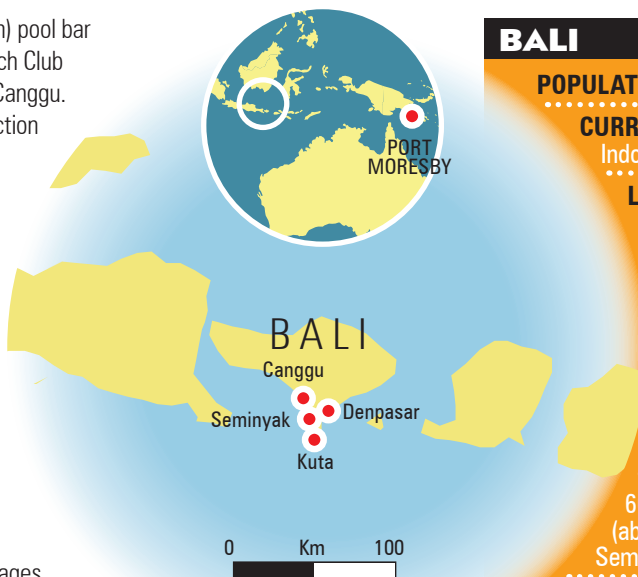
For a day-long event, check in and chill out at newcomer Mrs

Sippy's (mrssippybali.com) pool bar in Seminyak or Finns Beach Club (finnsbeachclub.com) in Canggu. Those looking for more action should order the tacos at nearby Motel Mexicola, then climb up on the tables to dance the night away – watch the staff if you need some tabletop dancing tips (motelmexicola.info).

The newest Seminyak entrant, opening from August, is rooftop bar and beach club Tropicola, which will roll out its restaurant and hotel in stages (tropicola.info). ■



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



### BALI

**POPULATION:** 4.3 million

#### CURRENCY:

Indonesian rupiah

#### LANGUAGE:

Bahasa Bali/

Bahasa

Indonesia/

English

#### TAXI FARE

FROM

AIRPORT:

Pick up at the official taxi counter; 60,000 rupiah (about PGK14) to Seminyak.

#### INTERNATIONAL DIALLING CODE:

+62

#### POWER:

European style two-pin plug, 220V



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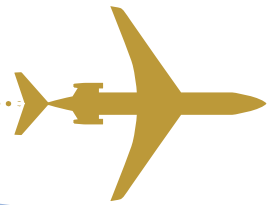
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## AIRPORT REVIEW BRISBANE

BY BRIAN JOHNSTON



Australia's third-busiest airport has been rated the country's best for quality of service multiple times over the years, and is one of the world's top-ranked airports for on-time aircraft departures and arrivals. A big overhaul in 2015 gave it a fresh, Queensland-inspired look with native timbers, local artworks and abundant natural light.

### ✈️ WHERE

Northeast of the city centre at the mouth of the Brisbane River on Moreton Bay, and just across the river from the city's shipping port.

### ✈️ AIRPORT CODE

BNE

### ✈️ TERMINALS

Two terminals: international (T1) and domestic (T2). A complimentary transfer bus connects them every 10 minutes during peak times, or 25 minutes otherwise.

### ✈️ LOUNGE ACCESS

Air Niugini's gold Executive Club members have access to the Qantas Club international lounge, which has a barista and bar counter, buffet food, work stations, relaxation areas and showers.

### ✈️ DISTANCE TO CBD

15 kilometres



PICTURES: COURTESY OF BRISBANE AIRPORT





## ✈️ TAXIS &amp; HIRE CARS

Taxi stands are located outside arrivals at both terminals. Fares are metered. The city centre is 30 minutes away and costs \$AUD45–55. Both terminals have Avis, Budget, Europcar and other car-rental outlets.

## ✈️ OTHER TRANSPORT

The train station ([airtrain.com.au](http://airtrain.com.au)) is opposite the domestic terminal; follow signs from level three of the international terminal.

Trains run every 30 minutes, or 15 minutes at peak times. A shuttle ([con-x-ion.com](http://con-x-ion.com)) and public buses ([translink.com.au](http://translink.com.au)) also operate.

## ✈️ SHOPS

There are fashion and cosmetic outlets, and stores for sunglasses, watches and duty-free goods.

Aboriginal handicrafts – such as boomerangs, jewellery and prints – are available as souvenirs. You can also buy items made from possum fur to Australian merino wool.

## ✈️ FOOD &amp; BEVERAGE

The international terminal has sushi, burgers, informal cafe-style food, Mexican and Vietnamese street food such as the soup-noodle dish pho. Brisbane River Grill features Queensland-sourced steaks and seafood.

## ✈️ WI-FI

The international terminal and central area of the domestic terminal have free Wi-Fi. Select 'BNE Free Wi-Fi' from your connection options and register your details to obtain access.

## ✈️ WHAT ELSE?

You'll also find parents' rooms, a post office, prayer room and free showers (bring your own towels and toiletries). If you have the transit time, free shuttles run to nearby Skygate shopping centre, which has 145 outlets.



## ✈️ FAVOURITE CORNER

Kingsford Smith Memorial, dedicated to early Australian aviation pioneer Sir Charles Kingsford Smith, preserves his aeroplane *Southern Cross* and outlines his exploits, including the first NZ–Australia and US–Australia flights. It's a five-minute walk from the international terminal.

## ✈️ CLOSEST HOTELS

Pullman Brisbane Airport Hotel ([pullmanba.com.au](http://pullmanba.com.au)) is a walk from the domestic terminal and features a restaurant and bar, swimming pool and fitness centre.

The budget Ibis Brisbane Airport Hotel ([ibisba.com.au](http://ibisba.com.au)) offers a bistro with outdoor terrace and a rooftop private-function venue. A short transfer-bus ride from the terminals is Novotel Brisbane Airport ([novotelbrisbaneairport.com.au](http://novotelbrisbaneairport.com.au)), part of Skygate shopping precinct. It has a restaurant, bar and rooftop lap pool.



## ✈️ SKYTRAX SAYS

"The staff at this airport are always friendly and smiling."

"Brisbane International is OK for departures, the car drop-off is quick, and so is check-in."

"Overall the airport is very modern, clean and safe." ■

Brisbane Airport ... Air Niugini flies from Port Moresby to the Queensland capital 14 times weekly.



# INTERNATIONAL REVIEW: OVOLO INCHCOLM, BRISBANE

ovolohotels.com.au +61 7 3226 8888

**WHO STAYS?** Mix of young couples, occasion guests and casual travellers.

**HOW BIG?** 50 keys (7 hotel rooms and 43 suites, in a variety of sizes)

**COST** Rooms start at PGK610.

**CHECK IN** 2pm

**CHECK OUT** 11am

**HIGHLIGHTS** It's the hippest hotel in town right now, on the doorstep of the city, with first-class food and beverage. Also, you land a bunch of perks – free mini-bar and free breakfast – when you book online direct.

**NEARBY** The CBD is right outside your front door and there's free access to a 24-hour gym close by. Head down Wharf and then Adelaide streets to find Taro's, one of the best ramen joints in Australia.

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



## LOCATION

At the foot of Spring Hill, Ovolo Inchcolm splits the difference between Brisbane's CBD and the lively entertainment precinct of Fortitude Valley. It looks over a five-way intersection, but the hotel sits back from the road, meaning it remains an oasis, even at peak hour.

## THE PLACE

The property has switched identity twice in recent years. Originally a medical chambers, the Inchcolm Boutique Hotel underwent a major refurbishment to become an MGallery property in 2014. Its subsequent early 2018 reinvention as an Ovolo has layered an arty, experiential flavour over the top of an already charismatic property. The bar-as-reception-

desk, cage lift and Mr Brainwash artwork might scream boutique hotel, but there's plenty of go with the show: crisp service, immaculate, brightly coloured public areas and a food and beverage offering that's second to none. There's a conference room and the front desk offers copy, fax and scanning services.

## ROOMS

There are 50 rooms broken up into a mix of mostly one-bedroom suites, two-bedroom suites, and loft-style hotel suites. All feature plush carpet, rich fabrics, air conditioning, iPad Minis, mini-bars and Nespresso coffee makers. The rooms include work stations.

## FOOD AND DRINK

Salon de Co is one of the best hotel restaurants in town. Chef Anthony Hales's menu draws upon Asian influences to present inspired cuisine in what feels like a pre-war Parisian drawing room. It's enough to keep you in, even with the huge array of brilliant CBD eateries that are on the doorstep. For in-between times there's a snack menu of rarefied but reasonably priced cured meats and cheeses. Room service is 24 hours. There's just the one bar but it's a fabulous space, full of character. ■





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# PNG REVIEW: KOKOPO BEACH BUNGALOW RESORT

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**WHO STAYS?** Holiday-goers looking for a relaxing retreat, as well business travellers.

**HOW BIG?** 39 keys

**COST** PGK595 per night, including GST

**CHECK IN** 1pm

**CHECK OUT** 10am

**HIGHLIGHTS** Kokopo Beach Bungalow Resort runs a series of excellent tours, including boat trips to the Duke of York Islands where the water is crystal clear, and visits to old Japanese barge tunnels. You can also hire a car for a day from the resort.

**NEARBY** A 20-minute drive from the airport, KBB is within walking distance of the local markets, banking facilities and supermarkets. If you walk along the beach to the west, you'll reach the idyllic Kokopo Golf Course, perfect for a cold beer and burger.

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



PICTURE: DAVID KIRKLAND

## LOCATION

East New Britain is ideal for the adventurous soul. Whether it's climbing the active Mount Tavurvur volcano, or roaming through tunnels dug out by World War 2 prisoners of war, activities at this destination are filled with history and intrigue. Nestled on the coastline of Blanche Bay, KBB sits in the heart of Kokopo, about 40 minutes from Rabaul. There's a perfect view of the volcano from KBB's impressive restaurant deck, as well as sweeping views of surrounding islands.

## THE PLACE

Guests at KBB gravitate towards the open-air dining room (pictured) built in an authentic traditional *haus win* style with a sago roof – it's pretty much the centrepiece of the resort. Spilling on to a tree-top deck with views across the bay, it's a great place to relax. The self-contained stand-alone rooms make the resort private and cosy – it's also family friendly with a secure pool and a private beach down the hill.

## ROOMS

Each of the 39 suites has a separate bedroom, lounge with dining area, kitchenette and facilities, including washing machine. I stayed in an executive bungalow, which was modern and comfortable, and had a very good air conditioner. The private balcony made the room feel more spacious, and was another secluded place to enjoy the views.

## FOOD AND DRINK

Food in the restaurant is excellent and there's a large selection of cuisine, including Asian, Western and Melanesian. It's all prepared with fresh and local ingredients, which gives the menu variety. Room service is available and the bar fridge is well stocked.

## WHAT GUESTS LIKE

"Excellent staff, very good food and a great location." – Booking.com

"KBB is a clean, well-run resort with a range of activities, wide variety of food available and the staff are all friendly. They offer decent tours and even diving right from the resort, which is handy." – TripAdvisor ■







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# Three of a kind ... tree house stays



Bamboo luxury ... guests staying at Sunrise House can have their own Balinese chef to do the cooking.

## TREE HOUSE VILLAGE ECO RESORT, KAVIENG, PNG

Set on a golden sand lagoon, this sprawling tree house has been designed specifically to catch the soft sea breeze by day and the mountain winds at night, meaning you'll stay cool during your stay. There are views over the lagoon, outer reef and the Pacific Ocean.

### SOMETHING SPECIAL

The owners also own Poton Mountain rainforest area, over 2000 hectares that you can trek with the help of a guide, just a 30-minute drive away. Expect to meet parrots, lorikeets and butterflies beneath the rainforest canopy, as you make your way from the mountain to white-sand beaches.

### DON'T MISS

Walking over the nearby coral reef. Just don't forget your reef shoes.

### DETAILS

See [treehouse.com.pg](http://treehouse.com.pg).

## WOLLEMI WILDERNESS TREE HOUSE, BLUE MOUNTAINS, NSW, AUSTRALIA

Despite the fact that Lionel, the creator of Love Cabins, owns about 250 hectares near the Wollemi National Park in Australia's Blue Mountains region, he has only six cabins on the property. This means ultimate seclusion when you stay. There's a cave, a teepee, a cabin – but the tree house is the pick of the bunch. Set more than 10 metres above the ground among towering eucalypts and created with local timber and recycled materials, it's the epitome of barefoot luxury.

### SOMETHING SPECIAL

Open the glass doors wide and experience the wonder of bathing in the treetop hot tub, which becomes all the more special when there's a wild storm. In keeping with the eco-consciousness of the property (there are solar lights and a fire for heating), when you drain the bath the vegetation below gets watered.

### DON'T MISS

Walk under a star-filled sky to see glow worms lighting up an entire riverside crevasse.

### DETAILS

See [lovecabins.com.au](http://lovecabins.com.au).

## SUNRISE HOUSE, BALI

Tucked away on the terraced slopes next to Bali's sacred Ayung River, 25 minutes from Ubud, Sunrise House is a four-level masterpiece built entirely from bamboo, with a design that mimics the shapes of leaves. Surrounded by lush bamboo and palm groves and facing east to catch the sunrise, this is an abode built for ultimate relaxation and long mornings lazing in the canopied beds in the three double bedrooms. Or in the free-standing copper bathtub, if you so desire.

### SOMETHING SPECIAL

The plunge pool and private garden, with views across the lush river valley, are likely to be where you'll spend most of your days. If you're more of a beachgoer, Sanur beach is just a 30-minute drive away.

### DON'T MISS

Organising an in-house massage, or a meal cooked by a Balinese chef in your villa. Sunrise House is part of Green Village, a community of properties supporting sustainable living – it includes a Green School focused on natural and sustainable living, which guests can tour and take short courses at.

### DETAILS

See [greenvillagebali.com](http://greenvillagebali.com). ■







# NOBLE CENTER

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"Disclaimer: The content was produced prior to finalisation of design and construction of Noble Center. The information contained here is preliminary and subject to change without notice."

## TIME TRAVELLER

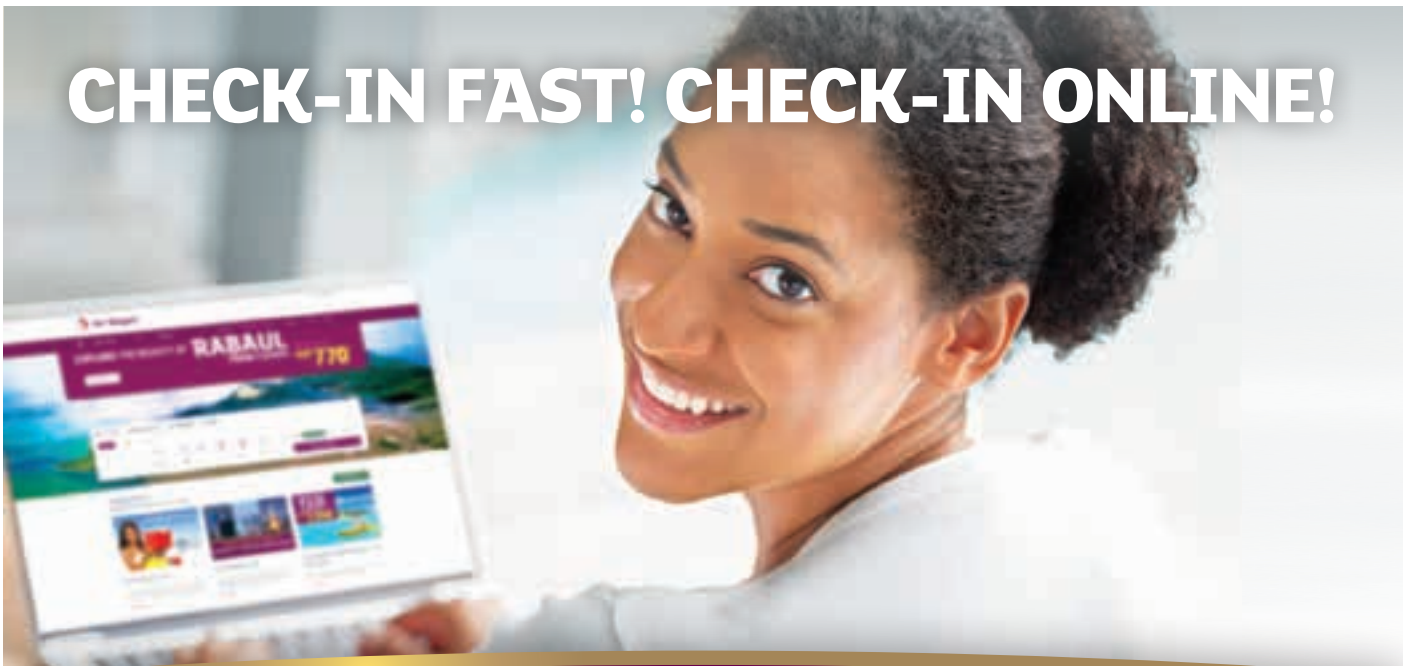
**Cuthbertson Street, Port Moresby, 1958**

There was almost no traffic in Port Moresby 60 years ago, but there were petrol pumps right on the road. The vessel at anchor at the main wharf is the *Soochow*. It belonged to the New Guinea Australia Line of the China Navigation Company. The *Soochow*, along with her sister ships *Shanshi* and *Sinkiang*, plied the Sydney–Brisbane–Port Moresby–Samarai route on a 28-day turnaround passenger and freight service.

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



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\*Online Check-in is not available for flights departing Australia and Japan.



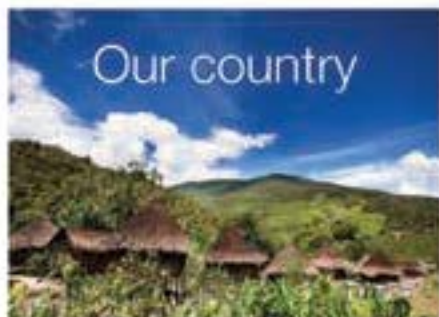




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PICTURES: DAVID KIRKLAND, KATE WEBSTER





# COLOUR AND CULTURE

The Solomon Islands has just hosted the Melanesian Arts and Cultural Festival, with PNG sending a big contingent. *Kate Webster reports.*

Going with the beat ... PNG performers from Chimbu get into the rhythm of the Melanesian Arts and Cultural Festival.





## Colour and culture



I am face to face with Choiseul tribesmen from the Solomon Islands. Their piercing eyes and red-stained mouths are enough to intimidate anyone.

It's rare to come across such tribesmen away from their region, but here they are in Honiara, the capital of the Solomon Islands, with thousands of other performers at the sixth Melanesian Arts and Cultural Festival. More than 2000 performers and artists from Papua New Guinea, Fiji, Vanuatu, New Caledonia and all across Melanesia gathered recently at the 10-day event.

The festival takes place every four years to promote traditional and contemporary arts. ➤



**Face off ... performers from the Choiseul Province in the Solomon Islands, painted and in their traditional dress.**

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## Colour and culture



Flying the flag ... traditional Tolai dancers from PNG (above); a performer from the Amoora Kiwai Culture Group from the south-west region of PNG, near the Torres Strait Islands (right).

“

More than 2000 performers and artists from Papua New Guinea, Fiji, Vanuatu, New Caledonia and all across Melanesia gathered recently at the 10-day event.

”

PNG sent a contingent of 150 to display cultural performances, traditional healing, arts and more.

Among them were the Amoora Kiwai Culture Group from the southwest region of PNG (near Torres Straits Islands), the Siassi Cultural Group from the Momase region in north PNG, and the Gembogl Cultural Group from the highland region of Chimbu.

The next Melanesian Arts and Cultural Festival will be in Vanuatu in 2022. ■







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# GOOD EATS

**Penny Watson presents a menu of 16 must-try dishes in the region.**

Food and travel often go hand-in-hand and there's nothing quite like trying an iconic dish in the destination it hails from. Taste-testing any one of these 16 dishes, from *roti canai* in Kuala Lumpur to chilli crab in Singapore, will create memories on the road and gastronomic yearnings that could last a lifetime. ➤







“

Mumu is a one-pot wonder where pork or chicken are slow-cooked with taro root and sweet potato, an assortment of greens and coconut milk.

”

## Good eats

**1 PAPUA NEW GUINEA: MUMU**

*Mumu*, one of PNG's national dishes, is named after the traditional indigenous method of cooking in a ground oven whereby the food is wrapped in banana leaf and buried in a hole filled with hot coals and slow cooked. Using this method, *mumu* is a one-pot wonder where pork or chicken are slow-cooked with taro root and sweet potato, an assortment of greens and coconut milk. It is eaten like a casserole and is commonly served at celebrations, given its credentials for feeding a crowd.

**2 SHANGHAI: SOUP DUMPLING**

If there's one thing you should be able to order in Mandarin Chinese, it's *xiao long bao*. This so-called soup dumpling is the guide by which any dim sum eatery is judged. The round pastry parcel with a little twist at the top should be gossamer thin but strong enough to hold a mouthful of exotically rich broth and a meaty pork mince middle. To eat it successfully, poke a little hole in the top with chopsticks to release the hot steam, drizzle it with soy vinegar and ginger, then delicately transfer it from soup spoon to salivating mouth in one go.

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## Good eats

**3 MACAU: PORTUGUESE EGG TART**

If custard and egg are your thing, listen up. Macau's egg tarts, with a creamy yellow centre and outer layers of flaky, buttery pastry are a hybrid recipe combining Portuguese *pastel de nata* (egg tarts) and English custard tarts. They're dubbed 'Portuguese egg tart' by local Chinese to differentiate them from the local treat. The story goes that in the late 1980s, Andrew Stow of Lord Stow's Bakery in Macau invented the much-imitated recipe. It has now become an edible icon.

**4 KUALA LUMPUR: ROTI CANAI**

Don't be disappointed if you struggle to get this authentic Malaysian dish for lunch or dinner. Introduced by the Mamak Indians and embraced by the entire Malaysian population, *roti canai* is a ubiquitous breakfast dish consisting of a round of fluffy, flaky-edged golden roti flatbread that is served with a side of curry (usually a Malay curry) or a dahl. It often comes on a partitioned metal dish. Use your (right) hand to sweep it through the curry and maybe a lime pickle, before popping it in your mouth. ➤


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## Good eats

**5 FIJI: KOKODA**

It makes sense that an island nation's most-favoured dish comes from the seas. Kokoda is a fish dish similar to the Peruvian *ceviche*. It is made historically from Spanish mackerel, but nowadays the more common choice is fresh raw snapper, which is roughly diced and marinated in lime juice, left to chill then combined with fresh coconut, capsicum and red onion. Other riffs on the recipe include onion, chilli, tomato, spring onion and coriander, depending on what's in the fridge. It is served in a small bowl and eaten as an entree.

**6 AUCKLAND: ANZAC BISCUITS**

Anzac biscuits are among a curious list of culinary icons – the pavlova being another, that Australia and New Zealand claim ownership to. 'Anzac' stands for Australia and New Zealand Army Corps and the way history tells it the golden biscuits, made chiefly from mixing oats, golden syrup, sugar, flour and coconut, were a never-fail recipe to send to soldiers abroad during World War 1.



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## Good eats

**SINGAPORE:****CHILLI CRAB**

One of Singapore's

tastiest and messiest meals, Singapore chilli crab is whole mud crab stir-fried in a thick and oozy sweet tomato and chilli-based sauce, and topped with coriander, chilli slivers and spring onions. Despite the name, it's usually not unsociably hot.

It's essential to eat it with your hands, making sure to suck all the sauce from the crab shell when the meat has gone. Most eateries will provide hot water with lemon, or a mound of napkins for face wiping.

**BALI: SATE LILIT**

*Sate lilit* (or, satay, in Malaysian) is a Balinese favourite with many permutations. The more common is pork minced with a heady mix of herbs and spices, including galangal, chilli, ginger, turmeric, black peppercorns, cloves, nutmeg, coriander seeds and tamarind, to form an aromatic paste. The paste is then moulded around a sugarcane stick, or skewer, and cooked on a barbecue, grill or hot coals. Don't be tempted by peanut sauce, *sate lilit's* flavours shine through on their own. ➤

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## Good eats

**9 HONG KONG: EGG WAFFLES**

The delicious doughy aroma that emanates from roadside stalls in Hong Kong comes from one of the city's much-loved street snacks, the egg waffle. The eggy leavened batter, sweetened with sugar and condensed milk, is cooked in a mould shaped like little round eggs, which is turned during cooking to ensure that the finished product is crisp on the outside and puffy and soft inside. Modern incarnations include chocolate, strawberry and black sesame, but the original is still the best, especially when eaten while strolling through Wan Chai Market.

**10 VIETNAM: BAHN MI**

Plenty of street corners in Ho Chi Minh City boast a little stall selling *bahn mi*. The fresh and crusty, white single-serve baguette, cut length-wise, is smothered with pate and butter, then stuffed with pork sausage (or barbecued pork), pickled carrot, cucumber and coriander. *Bahn mi* has its Indochinese origins to thank for the combination of both Vietnamese and French culinary delights. The baguettes are mostly eaten at breakfast and served wrapped in a small slip of paper. Grab yourself a street stool and tuck in.

**11 SYDNEY: SMASHED AVOCADO**

Australia's cafe set loves smashed avocado almost as much as barista coffee. The breakfast and brunch mainstay, which has risen to fashion only in the past decade, is a simple but delectable combination of wholesome ingredients. Thick-sliced, oven-baked sourdough bread is toasted and topped with a generous portion of forked-through seasonal avocado, quality feta, a generous squeeze of lemon juice and a scattering of sea salt. Coriander, chilli flakes and a drizzle of extra virgin olive oil are recommended options.

**12 POHNPEI: MICRONESIA PUDDING**

Also known as guamanian pudding (and *latiya* in the local Chamorro language), Micronesia pudding is a simple and traditional dessert that can be likened to England's bread pudding. A custardy mixture is made from evaporated milk, butter, sugar, vanilla and eggs, then poured over a yellow cake or pound cake, with fresh ground cinnamon then sprinkled on top. Variations on the pound cake include vanilla cookies, madeira cake, lady fingers or even angel food cake. It is served cooled among friends and family. ➤





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## Good eats

**13 VANUATU: SIMBORO**

Starch-based dishes made from vegetables that are home-grown in gardens and agricultural plots are popular in Vanuatu. *Simbora*, a more simple version of the national dish *laplap*, is a bit like a Greek *dolmades*. It's made from sweet potato, which is finely grated, then wrapped in the local 'island cabbage' or a chard-like leaf before being simmered in coconut milk. Starch variations include taro, cassava and plantains, which soak up the flavour of the coconut. It can be eaten as a snack in hand, or in a bowl along with the coconut 'soup'.

**15 HAWAII: POKE BOWL**

Poke bowls are one of the big culinary trends of the past two years, perhaps not surprisingly so in Hawaii where the Hawaiian-Japanese fusion dish has long reigned supreme. A poke bowl is traditionally a dish of rough-chopped raw fish (usually tuna or salmon and sometimes octopus) served salad-style with tomato, seaweed, scallions, nuts, condiments including soy sauce and sesame oil, plus a sprinkle of chilli oil and sea salt. Today, anything goes and poke bowls – prettier than ever – might be topped with tofu, chiffonade radish, a sprinkling of seeds and a garnish of micro-herbs.

**14 TOKYO: RAMEN**

Ramen may well have been invented in China (it's heavily debated), but Japan has well and truly taken ownership in modern times. The heavy and nourishing broth-based soup (at a premium when a whole pig's head has had a dunking) is filled with all kinds of goodness depending on the region it hails from. Ingredients include wheat noodles, parboiled eggs, slices of pork or beef brisket, shredded seaweed and spring onion. Miso and soy notes can be detected in the broth. It's served in an oversized bowl with chopsticks and a spoon. One bowl is a meal in itself (so no need to order that tempting side of gyoza).

**16 SRI LANKA: KOKIS**

*Kokis* is a Sri Lankan deep-fried snack or dessert. Made with rice flour, coconut milk, egg and sugar, with a sprinkle of turmeric giving it a bright yellow colour, the dish is a hand-me-down from Dutch colonial times. A decorative mould (often in the shape of flowers or butterflies) is heated with oil, pressed into the batter, then the resulting shape is shaken into oil for a crispy finish. The edible treat is such a novelty it takes centre-stage at occasions and ceremonies, especially Sinhala and Tamil New Year. ■





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# A thirst for boutique beer

*Matt Shea heads to Singapore to find a city falling in love with locally made beers.*

**F**our Points by Sheraton Singapore, Riverview might seem like any other new hotel. The rooms are crisply modern, the views across Singapore spectacular, the staff speedy and professional, yet laid-back.

But this isn't just another new hotel. Not quite. Wander into the lobby bar on any given night and you notice it immediately – flocks of guests and local interlopers communing over pints of a crisp, straw-coloured beer with a rich head.

This is Tall Tale pale ale. The ale is part of the Four Points Best Brews initiative, where the hotel brand's properties team up with a brewery to showcase a local beer. But while most Four Points hotels opt for an

off-the-shelf product, the staff at Riverview had a different idea.

"We wanted to actually create a beer," says food and beverage manager Kelvin Seow.

The hotel collaborated with Asia Pacific Breweries, of Tiger beer fame, to develop Tall Tale, which is mildly flavoured with subtle lemongrass and citrus notes. It's light on hops so Seow can match it to the bar's food menu.

The hotel now pours 3500 pints of the beer a month. "It was an immediate hit," Seow says. "It has broad appeal, which means non-beer drinkers are enjoying it."

It might sound like a glorious, glassy-eyed aberration, but Tall Tale reflects a wider trend in Singapore. The city has fallen in love with craft beer, turning away

from the big brands to embrace a groundswell of local breweries and tap rooms.

It's why you can wander into Chinatown Complex, a grungy, multi-storey hawker centre overlooking iconic Smith Street, and find a couple of tiny stalls helping re-shape Singapore's beer scene.

The first is On Tap Fresh Brew Craft Beer (#02-075, 335 Smith Street). The brainchild of retired CFO Steven

Lim, it pours pilsners, wheat beers and red ales, among many others.

"Craft beer is getting more popular," Lim says, over a glass of his signature brew, a lovely, leafy English-style IPA. "Expats play a big part, but also a lot of young Singaporeans who come back from overseas looking for better quality."

Lim's neighbour at Chinatown Complex is Daniel Goh of Smith Street Taps (#02-062, 335 Smith Street), who is something of an oracle in the local beer scene.

Goh's small operation was last year voted Singapore's best beer bar in the influential Bar Awards. On any given night you can







Tapping in ... (clockwise from opposite page) exotic beers are poured at The 1925; fish and chips go with an ale at Four Points by Sheraton; food and drink at Little Island Brewing Company; Tall Tale, mildly flavoured with hints of citrus.



“

The city is turning away from the big (beer) brands to embrace a groundswell of local breweries and tap rooms.

”

find him slinging kegs imported from breweries around the world, including New Zealand's 8 Wired Brewing Co and England's Northern Monk. But Goh says the focus in the city-state is shifting towards local brews.

“In the past 18 months, three microbreweries have opened up,” he says. “Another is opening next month.”

The thirst for craft beer is spreading across the entire island. In the north in Haji Lane, Goodluck Beerhouse (9 Haji Lane; facebook.com/GoodLuckBeerhouse) has eight taps on the go, rotating through kegs imported from across the globe. Freehouse (21A Boon Tat St; facebook.com/freehousesg/) has a similar 16-tap operation right in the heart of downtown, just a

couple of blocks away from popular Telok Ayer Market.

To the east, buzzy ‘heartland’ joints Druggists (119 Tyrwhitt Road; facebook.com/DruggistsSG) and The 1925 (261 Joo Chiat Road; the1925.com.sg) pour exotic beers for locals and the ex-pats and tourists who drift through the area. Druggists is arguably the best looking little tap room in town, boasting a whopping 23 taps, while The 1925 brews its own imaginatively named beers such as a Yellow Van pale ale and Small Monster session IPA.

It goes even further out, with Lim opening a tap room at his brewery in Bukit Batok (31 Bukit Batok Crescent), 20 minutes northwest of downtown. At the eastern tip of the island is one of Goh's favourite

recommendations, Little Island Brewing Co (6 Changi Village Road; libc.co), a buzzing community spot on the waterfront in sleepy, bucolic Changi village.

This is a classic brewpub, a large warehouse accompanied by a kitchen pumping out food like ribs, brisket and pork belly. ■



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### NEED TO KNOW

**STAYING THERE** Rooms at Four Points by Sheraton Singapore, Riverview start at S\$175+ + a night.

### MORE INFORMATION

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## THE CITY CAFE, LAE REVIEW

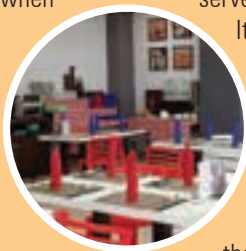
I first visited The City Cafe, in the Lae City Hotel, shortly after it opened five years ago and had an outstanding beef rendang.

So imagine my disappointment when I returned recently to find that it was not on the menu.

Never mind, I thought, if I'm doing a review I really should be sampling something else anyway.

Though this informal restaurant does have a wide array of Asian dishes, ranging from nasi goreng to hainan chicken and tandoori chicken, it also offers plenty of Western-style options. In fact its signature ribs and cakes have both earned quite a reputation around town.

Open seven days a week, from 6am for



breakfast daily, the cafe provides a flexible all-day dining venue. It is also centrally located, with plenty of secure parking.

I plumped for the chicken curry this time, served with rice or prata bread.

It was a large serve and was tasty, if not quite as memorable as my earlier experience.

There was also good news when I went to pay the bill. Not only was the cost very reasonable

by Papua New Guinea standards (the curry was PGK30, the famous ribs are PGK65) but also I was advised that they are still quite happy to serve beef rendang on request, despite its mysterious disappearance from the menu. ■

### WHERE:

Lae City Hotel,  
3rd Street, Lae

### PHONE:

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### STYLE:

Asian but with lots of Western options

### TYPICAL PRICE:

PGK30

### BYO:

Yes and fully licensed

### FAVOURITE DISH:

Beef rendang

### IN A WORD:

Value

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**EDGE**



# FROM RUSSIA WITH LOVE

*Richard Andrews reports  
on a Russian pilgrimage to  
PNG to honour the work  
of 1800s anthropologist  
Nikolay Miklouho-Maclay.*

PICTURES: N. MIKLOUHO-MACLAY & D. SHAROMOV. COPYRIGHT MIKLOUHO-MACLAY FOUNDATION





**P**apuans always remember a friend – even after 150 years. That’s what Nikolay Miklouho-Maclay found in Madang last year, when he retraced the steps of his namesake and great great grand-uncle.

Miklouho-Maclay, the elder, was reputedly the first anthropologist to research the former New Guinea, where he lived for more than two years in Bongu village.

However, his stay became more than the field trip of a detached researcher and he became closely involved with the locals.

“Speaking their language sufficiently, I thought it my duty as their friend (and also as

superiority. A belief Europeans used to justify the slave trade.

According to Tolstoy: “You were the first to demonstrate beyond question by your experience that man is man everywhere, that is, a kind, sociable being with whom communication can and should be established through kindness and truth, not guns and spirits.”

Inspired by the humanist efforts of his Russian ancestor, his great great grand-nephew established the Miklouho-Maclay Foundation for the Preservation of Ethnocultural Heritage.

The foundation runs a museum in St Petersburg and finances projects around the



**Flashback ... anthropologist Nikolay Miklouho-Maclay in PNG in the 1800s (left); his great grand-nephew, of the same name, last year visited the village where his uncle stayed and was warmly welcomed.**

a friend of justice and humanity) to warn the natives ... about the arrival, sooner or later, of the white men, who, very possibly, would not respect their rights to their soil, their homes, and their family bonds,” he later wrote in the *Sydney Morning Herald* newspaper.

Miklouho-Maclay lobbied passionately for New Guinea’s independence while campaigning against blackbirding, colonial expansion and the South Pacific traffic in arms and intoxicants.

Supported by the Russian writer, Leo Tolstoy, Miklouho-Maclay set out to scientifically disprove the common 19th-century belief that the human race could be divided into different species and ranked in terms of so-called

world to protect traditional cultures.

As an ethnologist in his own right, Miklouho-Maclay led his own expedition last year to meet descendants of the villagers first contacted by his uncle and to study Russia’s early influence on local culture.

“A journey to the Maclay (Rai) Coast, named after my uncle, has been a dream since childhood,” he says. “We had to overcome many challenges, but I was determined to make it happen when I turned 42, the same age as Nikolay Nikolayevich when he died.”

Following the route set in 1871, the research team sailed from Port Moresby to northeast Madang. Unlike the original wary encounter with armed locals, the return visitors were ➤



## From Russia with love

given a celebrity welcome by about 3000 residents from Bongu, Gumbu and Gorendu, decked out in their finest ceremonial dress.

"I could not even imagine this reception," says Miklouho-Maclay, "Not only that, but our arrival was accompanied by long-awaited rains. 'Maclay has come back and has called the rain', we were told."

He credits Madang identity and businessman, Sir Peter Barter, for the success of the visit.

"Sir Peter helped us organise the expedition and spread the word that the 'young Maclay' was returning to meet the descendants of those who knew his ancestor."

He also helped the team set up a satellite TV link-up between St Petersburg and Garagasi Point, where the Russian anthropologist's hut stood a century and a half ago.

With the cooperation of Telikom PNG and the TASS News Agency, people in Russia were able to speak online with participants in the celebration.

"It was very exciting for both sides," says Miklouho-Maclay. "My uncle was a Soviet-era cultural hero and many Russians remember him from history books and his diaries."

"In Madang, we found that stories about him are passed down through the generations. A school and even children are named Maclay, in honour of his memory." (The Scottish name comes from a 17th-century baron who fought in what's now



**In memoriam ... local children at a memorial at Garagasi Point, where Miklouho-Maclay's hut stood 150 years ago (right); a ceremonial welcome for the great grand-nephew (far right).**

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## From Russia with love



Ukraine and later married a Cossack woman.)

The Russian team stayed in Bongu during the visit and met descendants of Tui, a local chief who first befriended the 19th-century anthropologist.

“We found they also remembered such Russian words as *topor* (axe) *kukuruza* (corn) and *arbuz* (watermelon). Some believe Rai Coast also has Russian origins,” says Miklouho-Maclay.

“At the same time, I was very happy to see that the people make every effort to preserve their ancient traditions and rituals.”

After PNG, the team retraced the Russian anthropologist’s journey to Australia and ➤



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## From Russia with love

visited his memorials in Sydney.

Miklouho-Maclay moved to the city in 1878, where he built the first biological research station in the Southern Hemisphere. He became a prominent local figure (a park is named after him in Birchgrove) and married the daughter of NSW premier, Sir John Robertson.

The anthropologist died of a brain tumour in 1888 during a visit to Russia and is now largely a forgotten hero. However, his descendant is committed to continuing his uncle's work through cultural exchanges, a documentary and a proposed listing of the Maclay Coast as a UNESCO World Heritage Site.

"I'd like the whole world to know about this sensitive region and take care of its diverse culture," says Miklouho-Maclay.

"As far as I am concerned, New Guinea has been always in my heart, and probably my life will be connected with the island forever." ■

**See mikluho-maclay.ru.**



A family snapshot ... descendants of Chief Tui at Gorendu village.



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"Customers can see my work and know about the culture behind it. I use real pearl because it's not just for one season. Good things last longer."

Designer Coney Ko is talking about the jewellery she creates in her compact Hong Kong shop Coney & Co, but she could equally be referring to the design hub it's housed within: PMQ.

The name of this creative complex has been shortened from its original title: Police Married Quarters. Constructed in 1951, when the city was under British administration, it housed the families of police officers in a central location off Hollywood Road, now part of the arty SoHo district.

The two housing blocks with their 168 apartments were a typically austere product of 1950s architecture, though the open walkways with steel railings added a touch of modernist streamlining. After the handover to Chinese rule, the quarters fell vacant for more than a decade.

Recently, however, the blocks were refurbished and fitted out for use by designers. With two original seven-storey wings linked above ground by a new glass-walled section known as the Qube, it opened in 2014 as a hotbed of workshops, galleries, pop-up shops and food outlets.

The result is attractive to both designers and shoppers. For creatives such as Ko, it gives her a shopfront in a hip neighbourhood that would otherwise be unaffordable.

"In the past Hong Kong had fewer of these places, and this area was more about malls and chain stores," she says. "This is a good place for small designers."

# GONE SHOPPING



*Tim Richards visits Hong Kong's PMQ, a historic site of small studios and specialty shops.*

“

Within the connected wings, there are a number of places to eat and drink, including cafes, teahouses and bakeries.

”

"I don't have a big business because it's all made by hand, but I enjoy making something that's not in bulk. I can decide how difficult the craftsmanship will be, and I don't have to rely on a factory. Whatever I want to express through my jewellery, I can do through this store."

The courtyard between the two wings, used for special exhibitions, is an attractive open space that draws in people from the surrounding busy streets. There's plenty of opportunity for relaxed browsing in the multiple outlets, but also for chilling in its quieter areas.

Atop the Qube is an open-air terrace with a garden and seating, a tranquil space for such a vibrant city. Within the connected wings, there are a number of places to eat and drink, including cafes, teahouses and bakeries.

For a more substantial meal, there are restaurants representing both strands of Hong Kong's history – Aberdeen Street Social, serving modern British dishes; and Sohofama, using organic ingredients to create what it calls Chinese comfort food.

But it's the shopping possibilities that are the main highlight of PMQ. A casual stroll through its wings reveals a wide diversity of emporia.

There's Eone Timepieces selling its cool futuristic watch; Modement with glamorous unisex garments; Taste Library's books exploring international cuisines; Mondovi, which sells designer lingerie; Obellery with its contemporary jewellery and metalwork; and the funky homewares of Glue Associates.

Over the other side in the Hollywood wing are the premises of Yeung Chin. This young award-winning fashion designer sees clothing as giving everyday people the chance to perform in public.

"Our label relates to art, which inspires the ideas in my collection," he explains. "We once did an installation called *Indigo Rain*, in which we had 1000 bottles on the ceiling to drop indigo dye on fabric. We also had a collaboration with a choreographer, with performers dancing under the indigo to dye their clothes. Then we created a collection about indigo-dyed patterns."

It sounds cutting-edge, but that's what PMQ is about. Not just providing an affordable space to work, but artistic cross-pollination.





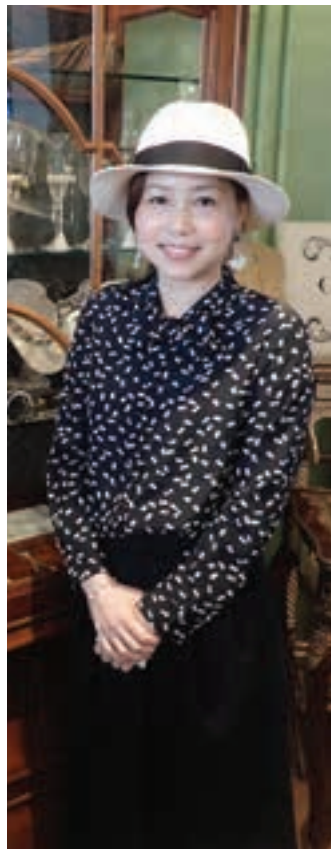
"The rent was cheaper than other places and the location was good," says Yeung. "Then we realised we could collaborate with different artists and designers here too."

Over three years we've had many collaborations, including with illustrators and leatherwork artists. "We can also share something with the public here; our

experience, as they ask questions about our work. It's good."

Ko also values the artistic cooperation that PMQ enables.

"Designers in the building like to pool their passions." ■



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

Boutique shopping ... (clockwise from opposite page) the PMQ walkway; fashion designer Yeung Chin; jewellery designer Coney Ko; the PMQ building.

### NEED TO KNOW

**LOCATION** 35 Aberdeen St, Central, Hong Kong.  
Open 7am–11pm daily.

**STAYING THERE** The Novotel Citygate (from about PGK420 per night) is close to the airport and is connected to an MTR station and a shopping mall. See [novotelcitygate.com](http://novotelcitygate.com).



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# HEAVEN SENT

## B-24 found underwater near Madang



*Kevin McQuillan* reports on the discovery of a World War 2 plane wreck, found thanks to modern technology and some dogged detective work by the family of one of the shot-down crew.



**A** B-24 American bomber shot down during World War 2 has been located in Hansa Bay, near Madang.

The plane, called *Heaven Can Wait*, was on a mission to bomb Japanese anti-aircraft batteries, when it was shot down on March 11, 1944.

The B-24 was found by Project Recover, which consists of marine scientists, archaeologists and volunteers.

“

Family members of one of the B-24 crew carried out four years of research into its possible location.

”

They started their search after family members of one of the B-24 crew carried out four years of research into its possible location.

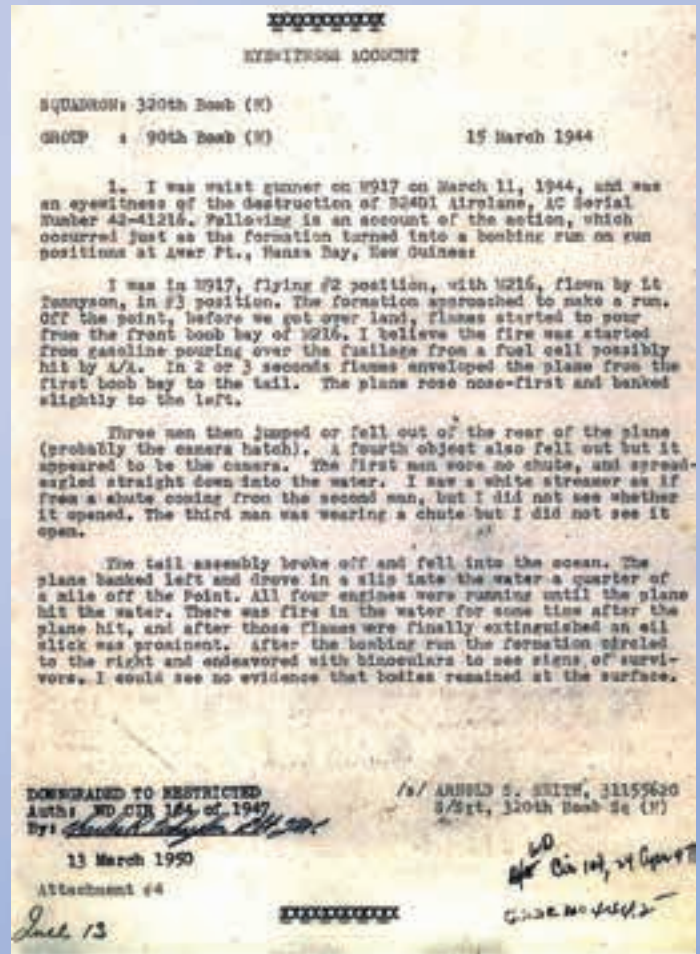
The family compiled historical eyewitness narratives from official military reports, mission documents, and diary entries from crew on other aircraft in formation with the B-24 during its flight.







Fly over ... *Heaven Can Wait* was lost in 1944 (opposite page); a flag ceremony (top) to remember the crew (above middle); the Project Recover team launches search equipment (above); a declassified crash report (above right); wreckage on the sea floor (right); the *Kalibobo Spirit* during the search (main).



Based on that data, the recovery team believed *Heaven Can Wait* to be offshore at the northern end of the bay, about 180 kilometres east of Madang.

After 11 days on the water, and a search that covered nearly 27 square kilometres of the sea floor, using scanning sonars, high-definition imagers, advanced diving, and unmanned aerial and underwater robotic technologies, the team located the bomber's debris in 65 metres of water.

They also used the *Kalibobo Spirit*, a 30-metre motor yacht operated by Melanesian Tourist Services based at the Madang Resort Hotel, and the specially fitted out boat, *Dallman Diver*, provided by Niugini Dive Adventures.

Eric Terrill, co-founder of Project Recover, says the find stirred a range of emotions among the recovery crew.

Dan Friedkin, a team member of Project Recover and chief executive officer of the Friedkin Group, a consortium of business people who fund the project, says search efforts will continue for other aircraft.

"Our search efforts for the more than 72,000 missing American service members from World War 2 will continue as we seek to bring closure to the families impacted by their loss." ■







Kevin McQuillan speaks to the first Papua New Guinean to graduate from the National Institute of Dramatic Art (NIDA), in Sydney, Australia.

## A life of drama

**“W**hen I was eight years old, I said to my father: ‘Dad, when I grow up, I want to be an artist’. My father looked at me perplexed and said: ‘So you want to be poor all your life?’”

Like many PNG parents, he equated success with a law or business degree, which would grant you financial freedom, says Wendy P Mocke.

“My father however, being careful not to crush his eight-year-

old daughter’s dream, followed that response with a smile. I think he always knew I would end up in the arts.”

Mocke’s acting career started at Madang International School at the age of six, and she was involved in every school stage production every year until she left at 12.

From there it was to Mount Saint Bernard’s College in Herberton, far north Queensland.

“My parents worked extremely hard to provide me with the opportunity of being educated in Australia but the Sisters of Mercy were instrumental in also



Wendy Mocke ... the Papua New Guinean actress is making an impact on stage.

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supporting me and opening doors that I would not have had access to otherwise," Mocke says.

Born in Port Moresby, Mocke and the family moved to Madang when she was three. They still run the family owned trade store, Yogo Trading.

"I grew up with eight siblings who were all extremely outgoing and talented in sports," Mocke says. "I was not as athletically inclined and had a very small circle of friends, as I did not feel as confident in large social settings. I found acting was a way I could express myself and be my own person."

Two things confirmed her determination to act.

Firstly, she found out about the National Institute of Dramatic Art (NIDA) and she watched *Radiance*,

an Australian independent film, about three Aboriginal sisters who reunite for their mother's funeral.

"As a 12-year-old, I could not really articulate the impact it had on me, watching a young vibrant Deborah Mailman light up the

original stage play as an audition piece for NIDA.

"It ended up being my strongest piece, which led to my acceptance into NIDA," Mocke says.

"I love the rawness of theatre, the electricity in the atmosphere

stories intrigue me; the idea of wearing someone else's skin and to exist within the complexities of their flesh fascinates me."

She describes the three years at NIDA as gruelling.

"NIDA lives up to its reputation of hard work. You're doing long hours, from 8am until about 11pm, Monday to Saturday. You virtually have no other life. It demands excellence, it demands discipline and that's why it has the reputation it has."

Mocke's favourite actors are those who are also involved with writing, directing or producing, particularly actors, she says, whose work resists negative stereotypes often associated with people of colour.

The list includes Americans Viola Davis and Denzel Washington, ➤

“  
I did not feel confident in large social settings.  
I found acting was a way I could express  
myself and be my own person.  
”

screen alongside Rachael Maza and Trisha Morton-Thomas who gave outstanding performances in this beautiful, heart-tugging artwork."

Eighteen years later she used one of the monologues from the

and the demand theatre expects of performers to establish a connection with the audience.

"I love the subtle nuances of screen acting, and the endless possibilities the film world has to offer. Human beings and their



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## A life of drama

Aboriginal actors Deborah Mailman and Leah Purcell, and New Zealander, Taika Waititi.

It's been a busy year so far, since graduating in 2017. Earlier this year, Mocke performed in an independent theatre show called *Home Invasion* at the Old 505 Theatre in Sydney.

She is completing a writing residency with Jute Theatre Company in Cairns and has written a PNG stage play called *I Am Kegu*. Set in a Simbu village, in the highlands of PNG, it explores cultural identity and expectations.

Mocke has just been awarded a grant from the Sydney-based Seaborn, Broughton & Walford Foundation to cover the costs of the play's creative development, and she is hoping its opening



**Theatrics ... Wendy Mocke at work. The actress has written a PNG stage play, which she hopes will open in Port Moresby next year.**

performance will be in Port Moresby next year.

While Port Moresby has its own theatre group, the performing arts (in PNG) are regarded as a Western concept, Mocke says,

even though story-telling is a critical part of PNG's oral culture.

"Port Moresby theatre is alive but not anywhere near as where it could potentially be."

*I Am Kegu* will have an all-PNG cast, she says.

Mocke has also launched a company called Melanin Haus, which she hopes will be a cultural hub for PNG, Pacific artists and other indigenous artists, doing stage productions, screen productions, web series, performance art and workshops.

In August, she was an artist in residency at the University of Sydney, working on a theatre piece called *Voices of West Papua*. And she has just finished performing in *Moby Dick* at Sydney's Seymour Centre.

"But my most important job of all is being mum to my wonderful eight-year-old daughter who is always keeping me in check and is a constant source of inspiration for me," Mocke says. ■

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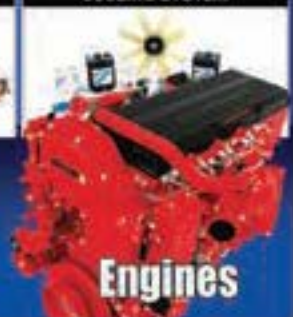
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## MY PNG

BY ADRIAN MATHIAS

# A tribal showcase off the beaten track

Villagers from the North Fly district in Western Province will gather for one of PNG's lesser-known festivals.

**T**he North Fly district in Western Province will come alive in September when it hosts the inaugural Selkambang Festival in Kiunga.

Sing-sing groups from Awin, Biami, Faiwol, Ningerum, Yongom and Pari tribes will perform at the festival, which is expected to attract hundreds of visitors from as far as Olsobip and Tabubil in the Star Mountains, as well as nearby areas and villages.

The festival organising committee is planning the event for September 15 and 16 to coincide with the country's 43rd independence day celebrations.

Kiunga is on the banks of the mighty Fly River. It is the capital of North Fly as well as the main administrative hub of the province. It is the northernmost port town and the heartbeat of the operations of the giant Ok Tedi Mine.

It has several hotel choices, including the recently opened Cassowary Hotel ([coralseahotels.com.pg](http://coralseahotels.com.pg)). Others include Kiunga Guest House (old and new wings), New Century Hotel and a number of other lodges. They are located right in the heart of Kiunga town.

The town is just a five-minute drive from the airport.

Kiunga enjoys a laidback lifestyle and is one of the most peaceful and safe places in the country.

Tourists are welcome to see the unique cultural performances of native North Fly tribes at the festival.

The festival was first held in 2013, but until this year it was called the North Fly Cultural Show.

It seeks to bring people together to celebrate their culture, as well as to appreciate and promote the district, known for its most distinct and most popular form of garment traditionally worn



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PICTURE: ADRIAN MATHIAS



by men from the area: the *selkambang* (penis gourd).

It is popular among the North Fly native tribes of especially Awin, Faiwol, Ningerum and Yongom.

They wear *selkambang* and perform the traditional dances without being ashamed of revealing their bare bodies. Nothing is improvised here and this is something you cannot find anywhere else in PNG. ■

Traditional warrior attire ... young performers from the Awin tribe will take part in the Selkambang Festival.

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

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## A PIECE OF PNG: SHIELDS

### WHAT ARE THEY?

Shields, depending on their shape and design, can be used as a defence against throwing spears and clubs or for close combat. Smaller shields were worn as body armour. They can also have ceremonial uses.

### WHERE ARE THEY MADE?

Shields are made across Papua New Guinea, but have a particularly abundant number of forms in the Highlands and Sepik regions, where warfare was once common. You can get a first indication of a shield's origins from its shape: for example, Sulka and Mendi shields are oval, Trobriand Island shields are pear shaped, and Kandrian and Telefomin shields are rectangular.

### WHO MAKES THEM?

Shields are usually made by the warriors. In some places, such as the Trobriand Islands, only the most skilled



warriors had the right to make and carry the best and most elaborately decorated shields.

### HOW ARE THEY MADE?

Shields are carved from wood and may be smooth or have raised bosses. Kandrian shields are made from three wooden planks lashed together with rattan, and in some regions shields were once made from bark. Because of their fragility, these are now quite rare. Sulka shields are covered with criss-crossed cane to help absorb blows from clubs. Adze marks generally indicate an older shield made with stone tools, as most modern (post-World War 2) shields are carved with metal implements. Loop handles on the back are generally made from rattan cane.

### HOW ARE THEY DECORATED?

Shield decoration varies widely from region to region, but in general features bright colours and striking designs that are created to intimidate the enemy, convey a spiritual message, or represent the particular culture of the bearer. Representations of nature such as flying foxes, conus shells or turtles are common motifs. However, Telefomin shields are striking for their angular geometric patterns, while Sepik shields often depict human or spirit faces. Shields from the Trobriand Islands are often considered PNG's most elegant, as they have very detailed motifs. From the 1970s, contemporary, foreign influences have been felt on shield design, the most famous being Mount Hagen shields depicting the comic-book hero Phantom.

### HOW WERE THEY USED TRADITIONALLY?

PNG warriors did not carry shields on the forearm like medieval knights, but slung them over their shoulder to protect their side, while leaving both hands free for using weapons – more as body armour than an actual shield. Such shields have a distinctive notch at the top to fit under the armpit. In contrast, the much larger *atkom* shields were carried into battle by unarmed shield bearers and used to shelter bowmen who stood in a line behind. Shields were often given personal names and were considered by some groups to be a receptacle of ancestral power. Not all were used in warfare, with some shields reserved for ceremony.

### WHERE CAN SHIELDS BE BOUGHT?

You can find shields made for tourists in craft shops, and antique versions in more upmarket galleries. Fine examples sometimes go under the hammer at international auction houses for tens of thousands of dollars. ■

PICTURE: SUPPLIED BY SOTHEY'S FINE ART AUCTION

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# look good, feel good

BY BRONWEN GORA

## Sleep easy

A good snooze is vital for well-being

A raft of research around the world is finding not getting enough sleep can lead to consequences for our well-being, from weight gain to memory loss.

Some of the most recent scientific research has found:

- Losing just one night's sleep is enough to stop your brain naturally resetting itself. When the brain cannot do this, researchers from Germany's University of Freiburg discovered electrical activity increases, neurons become muddled and over-connect. New memories are not formed and in the long run this prevents the brain remembering and learning, and us from growing and adapting.
- Lack of sleep can – amazingly – lead to illness and even immune disorders such as hypertension, obesity and diabetes. How? Studies have found too little

sleep can make our T-cells go down – the cells that keep colds, flus and viruses away – and push inflammatory proteins up. In short, the immune system is suppressed.

angle with the eyes closed, which helps calm the mind.

She also suggests exercising the day before because physical as well as mental tiredness improves the chances of sleeping in a seat.

“

Studies have found too little sleep can make our T-cells go down – the cells that keep colds, flus and viruses away.

”

There are a number of programs to help us sleep better, as well as a lot of advice available online.

Founder of My Sleep Coach and international sleep expert Elina Winnel's top tips for sleeping on planes include the martial arts trick of looking up at a 45-degree

She recommends eschewing fashion for looser clothing that mimics what you would normally wear to bed and, for best results, noise-cancelling headphones playing brainwave music.

Other simpler tips are to prepare your body by hydrating before the flight, saying no to caffeine and

alcohol while on board, staying warm with socks and a blanket to create a cosy in-bed feeling, and always using an eye mask, earplugs and U-shaped pillow.

The 137 Pillars Hotels & Resorts in Bangkok and Chiang Mai, Thailand, now offer a new Sleep By Design therapy. Experienced either in the hotels' Nitra Spa or in-room, this 90-minute, four-stage process prepares guests for a blissful night's sleep.

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**See [137pillarshotels.com](http://137pillarshotels.com).**





## TOKYO PLUNGE



If you are travelling to Tokyo there is now the chance to spend two hours in a pool being coached by a former Japanese Olympic swimmer and Asian Games medallist.

The private swimming session with Hanae Ito is the headline offer of the Energising Tokyo two-night stay and spa package newly introduced by the Palace Hotel.

Also on the movement-based menu is a private three-hour biking excursion led by Tokyo Great Cycling Tour, that can be tailored to areas you wish to see; a private three-hour jog around the city guided by Tokyo Great Running Tour, also personalised on interests and fitness levels; a two-hour bespoke kayak tour with Tokyo Great Kayaking and/or a 60-minute

stretch and workout session in the hotel's pool.

Mental fitness is not ignored either. Two hours of private zen meditation with the head monk of a 400-year-old Buddhist temple is available, along with various other restful Japanese experiences such as a tea ceremony.

**See [en.palacehoteltokyo.com](http://en.palacehoteltokyo.com).**

## PRE-FLIGHT STRETCH



Travellers departing from Sydney Airport can prime themselves for the flight at a unique flexology centre. Newly opened in T1, the centre is being run in conjunction with instructors from the Stretch Studio facilities in Sydney and Melbourne.

The great part about this is that you don't have to do much at all to

benefit your muscles: a flexologist or professional assisted stretcher, helps ease the tension in your arms and legs by moving them into a stretch position. This lengthens muscle fibres, which in turn activates deep postural muscles, increasing flexibility and relieving feelings of tightness and tension.

Most importantly, done prior to a

trip the stretch will help you feel far better while seated on the plane and when you disembark.

Find the new stretching room in T1 International after you pass through security, near gate 24.

**See [sydneyairport.com.au/shop/stretch-studio](http://sydneyairport.com.au/shop/stretch-studio).**

## MULTI-DAY HONG KONG TREK



The second annual Fjallraven multi-day trekking event in Hong Kong will take place from October 24 to 27. Over 48 kilometres, it includes steep climbs and beach camping.

The event started in 2005 in Sweden as a way of encouraging more people to get outside and experience nature. It spread to Denmark in 2013 and the US in 2016, before debuting in Hong Kong last year.

The Asia event may be hot and humid but gives the chance to climb mountains, experience beaches, clamber through forests and see the sort of off-the-beaten track scenery that most visitors to the bustling metropolis of Hong Kong never will.

**See [classic.fjallraven.com](http://classic.fjallraven.com).**

## HOT FOOT IT TO MACAU



Macau is one of the world's most popular tourism destinations with 30 million-plus visitors pouring in each year, a figure on a par with rival London and New York, and the best way to see it is the healthiest: on foot.

A series of eight self-guided walks are set out in the Step Out guide designed by Macau's governing tourism body, available to download onto a smartphone, view online or follow from a brochure.

What's more, one of its prettiest and longest walking tracks along the coast around Coloane, has just been upgraded, with better paving and lookouts. The path travels from a beach around the headland of Coloane for almost six kilometres and is the perfect way to burn off a traditional lunch of Portuguese cuisine and custard tarts served in the quaint restaurants of this historic part of Macau.

**See [visitmacao.com.au](http://visitmacao.com.au).** ■



BY NINA KARNIKOWSKI



### Bond beach chair

If James Bond was shopping for a beach chair, he would no doubt purchase the Voyage by Sondre Travel. There are loads of clever features including five adjustable positions, compartments for everything from wallets to drinks (plus a secret pocket behind the pillow for valuables), padded shoulder straps, an anti-sand mesh seat and pockets, and a fold-out towel drying rack.

About PGK225; [sondretravel.com](http://sondretravel.com).



### Backpack raincoat

Whether or not your gear stays dry can make or break a hike. This adjustable, lightweight rain cover fits snugly over a backpack, protecting it against the elements, and comes in classic black as well as orange. It also folds into a little pocket that you can stash in your suitcase when you're travelling. From about PGK58; [kathmandu.com.au](http://kathmandu.com.au).



### Knomo Knomad organiser

London brand Knomo's Mayfair Knomad keeps your techy travel bits organised, with sections for chargers, memory cards, earphones, tablets, hard drives, notepads and more. Made from water-resistant nylon, and with a pocket that uses RFID blocking for credit cards and passports so you can prevent identify theft, it will also keep your things safe. Available in red and black, for about PGK255; [knomobags.com](http://knomobags.com).



### Reusable toiletry bottles

The fight against plastics is an ongoing one for us all, especially when we travel. These GoToobs, made from soft, rugged silicone, mean you can avoid using disposable hotel soaps and shampoos, plus they have a no-drip valve. Available in singles or packs of three, in three different sizes and a clutch of fun colours. From about PGK26 each; [biome.com.au](http://biome.com.au).



### Patagonia holdall

A great 30-litre size that's still lightweight, this holdall also has a hardy, water-repellent shell created from recycled polyester fabric, and a padded base that will help keep your valuables safe. There are zippered side pockets for smaller items you need to access quickly, and the padded strap means you can carry it comfortably across your body as well as by the handles. Available in black, red or patterned blue, for about PGK235; [patagonia.com](http://patagonia.com).







### Trekking shorts

Founded by a team of climbers, it's no wonder Arc'teryx makes clothes that perform so well. The company's Palisade slim-fit hiking shorts are crafted from the label's breathable TerraTex fabric, which helps your body temperature stay regulated and dries quickly. There are mesh-lined zippered pockets and a sweat-wicking waistband, plus the design is handsome enough to be worn out to dinner. *Available in several colours, for about PGK397; arcteryx.com.*



### Vacuum bag

The ultimate in light-packing tools, the tiny Vago vacuum pump (it's only seven centimetres long) removes all air inside a vacuum bag, compressing clothes to half their size so you can avoid the carousel and go carry-on all the way. It includes a USB port for charging. *About PGK238, including one vacuum bag; vago.com.sg.*

### Travel watch

Inspired by watches worn by great 20th-century explorers, British brand Farer's Lander GMT Automatic is as functional as it is good looking, being water resistant to 100 metres. But really, it was the beautiful sea green mid-century-inspired dial, and the choice of slick bands including tan perforated leather, Milanese mesh and black rubber, that sold us. *About PGK4980; farer.com.*



### Updated Sony headphones

Sony's WH-1000XM2 noise-cancelling headphones are an updated version of an already excellent product, making this incarnation pretty hard to beat, with its improved battery life (up to 30 hours when used wirelessly) and a lower price tag. They sound excellent, including an atmospheric pressure optimiser specifically designed for plane use, and feel super comfortable. *Beige or black, for about PGK1200; sony.com.*



### Strong snapper

Waterproof to 31 metres, Panasonic's new Lumix FT7 is one of the most rugged compact cameras on the market, perfect for active travellers. It's also dustproof and shockproof to two metres, and its 20.4-megapixel sensor, zoom lens and 4K capabilities mean images are crystal clear. *Available in black and orange, for about PGK1442; panasonic.com.*



### Snazzy suncare

Sun-lovers, take heed. It's not enough to take care of your skin while you're in the sun; you need to give it some TLC afterwards, too. Thankfully, Aesop has you covered with an SPF50 body lotion and reviving body gel to soothe and protect post-surf, swim or hike. *About PGK175; aesop.com.*





# A Pacific masterpiece

Glenn Dunks looks at the new film that examines French artist Paul Gauguin's time in the South Pacific and his influence on decades of cinema.

Many artists have drawn inspiration from the Pacific, but few have embedded themselves into the culture quite so much as Paul Gauguin. The French-born artist is widely recognised for bringing Polynesian culture to a wider audience through his colourful paintings and detailed sculptures at the turn of the 19th century.

Gauguin's life in the South Pacific is now the basis of a movie starring Vincent Cassel (*Black Swan*, *Ocean's 12*). French director Edouard Deluc's *Gauguin* follows the latter half of the artist's life as he leaves the squalor of Paris for Tahiti and French Polynesia in 1891. Although he expected an idyllic paradise, he was instead greeted by an island nation that had been transformed by colonisation. He remained poor, forced to sell his artworks to tourists for pennies, just to afford painting supplies.

“

Gauguin has been portrayed on screen several times.

This is the first time, however, that a French actor has played this Paris-born artist and the first time telling the story of his time in the Polynesian islands.

”

Gauguin has been portrayed on screen several times before by the likes of Donald Sutherland in *The Wolf at the Door* (1986) and Anthony Quinn in *Lust for Life* (1956), who won an Oscar for his portrayal. This is the first time, however, that a French actor has played this iconic Paris-born artist and the first time telling the story of his time in the Polynesian islands.

Cassel definitely looks the part, with his wild and untamed salt-and-pepper hair often hiding under Gauguin's trademark straw hat, his grey beard a mess as he sets out through the Tahitian wilderness in search of artistic inspiration with his young bride, Tehura.

She is played by Polynesian actress Tuhei Adams, a dancer from Mitimahana who was spotted on the street and cast in the co-starring role. She is a break-out star and the film's highlight.

Despite a name that isn't as famous as Van Gogh, Picasso, Monet or Da Vinci, the distinct







Caught on film ... Vincent Cassel as Paul Gauguin (opposite page); the movie poster (above); and clips from the movie, including Polynesian actress Tuhei Adams who was spotted on the street by the filmmakers and cast in the co-starring role.



look of Gauguin's paintings had a lasting effect on the way the region was represented in wider culture. As recently as 2015, a Gauguin work from 1892 titled 'Nafea Faa Ipoipo' (When Do You Marry?) sold for PGK895 million.

His paintings catch the eye because of the lush greens of the mountainous forests, the crisp blues of the ocean and the sky, the sparkling yellow of the sands. He was also careful to highlight skin tones and the way women dress.

Hollywood especially took inspiration. The 1962 version of *Mutiny on the Bounty* – the first adaptation of the famous Charles Nordhoff and James Norman Hall novel to be produced in colour – owes an obvious debt to the paintings of Gauguin, even though it suffers from the sorts of cultural inaccuracies and misrepresentations that were common at the time. That film starred Marlon Brando and Richard Harris, and even though it was considered a box office flop, it was nominated for seven Academy Awards and put the Pacific region on the cinematic map.

But in the decades since, as countries like Papua New Guinea, Vanuatu, Samoa and French Polynesia have become more open to the world through tourism, so too have the stories of these great nations become more authentic in their representations of the culture.

*Gauguin* was filmed in Taurita, where a set was built recreating the village of Mataiea where the real Gauguin lived. Filming also took place in Vaira'o and Papeen'o. ■

## THREE GREAT FILMS ABOUT THE SOUTH PACIFIC

The Pacific region is well known in films as the setting of exotic romances and island adventures, but these three films show the region is capable of pure genius and indigenous stories.

### THE OPPOSITION (2017)

Papua New Guinea is the battleground for this David and Goliath inspired documentary.



As community leader Joe Moses struggles to save the families of his Port Moresby community from being evicted for the construction of a mega-sized redevelopment, he struggles to keep his people – and himself – safe.

### TANNA (2015)

This *Romeo and Juliet* love story between Dain and Wawa is an adaptation of a real-life



Vanuatu legend. Set against the fiery Mount Yasur volcano, *Tanna* explores the Yakel people and their traditions known as *kastom*. It was nominated for an Academy Award for Best Foreign Language Film.

### THE ORATOR (2011)

Samoaan-New Zealand filmmaker Tusi Tamasese directed this film about the struggle of



one man to claim his father's chiefly status. Samoa's deputy prime minister Misa Telefoni labelled it "a beautiful and poignant love story" that brings "the finest aspects of traditions of our Samoan culture into the international spotlight".



## A Star Is Born

Cast: Bradley Cooper, Lady Gaga, Sam Elliott

Every generation of moviegoers gets its own *Superman* and *Batman*. And apparently now each generation also gets its own version of *A Star Is Born*. This is the timeless story of a successful star that discovers a fresh-faced ingénue and then becomes drunk with jealousy when her fame overshadows his. The story was first brought to the silver screen in 1937 with Janet Gaynor, then remade in 1954 as a musical with *The Wizard of Oz* star Judy Garland. Barbra Streisand was next with a 1976 rendition. Lady Gaga isn't exactly on the level of those three icons, but she is certainly pushing herself to places audiences previously didn't know she could go. Co-starring as well as directed by Bradley Cooper (*Silver Linings Playbook*, *American Hustle*), the pair has strong romantic chemistry and even more impressive voices in this gorgeous-looking big screen musical. It features concert sequences performed live.



## Searching

Cast: John Cho, Debra Messing

A teenage girl goes missing in the dead of night and her frantic father must join forces with a determined detective to solve the mystery and hopefully bring his daughter back alive. Sounds like a solid premise for a Hollywood thriller, although one you have probably seen a dozen times before. With popular actors like John Cho (*Star Trek*) and Debra Messing (*Will and Grace*), there's good reason to go see it anyway, but what makes *Searching* so special? The movie takes place entirely within the confines of technology. Never leaving the interface of a computer screen, *Searching* unfolds across webcams, WhatsApp, Facebook and Facetime as the dad files through desktop folders and Google search histories in the hunt for clues. *Searching* is a unique and captivating film with a fascinating mystery at its centre. Full of twists and turns, this is an edge-of-your-seat thriller that uses modern technology to push its story to places that have been previously thought impossible.

## Ladies in Black

Cast: Rachael Taylor, Julia Ormond, Angourie Rice, Ryan Corr

It's the tail-end of the 1950s and Lisa (Angourie Rice of *The Nice Guys* and *Spider-Man: Homecoming*) is about to get flung out of her suburban bubble and thrust into the modern future with a job at a chic Sydney department store. Dressed all in black, Lisa storms headfirst into an Australia that is rapidly changing thanks to women's liberation and the influx of immigration. Meanwhile, as Lisa's parents struggle with her newfound desire for independence and education. With stunning fashions that are evocative of box office smash hit *The Dressmaker* and a winning ensemble of local and international names — also included in the cast are Noni Hazlehurst, Shane Jacobson and Susie Porter — *Ladies in Black* is a lively adaptation of the best-selling novel by Madeleine St John. Director Bruce Beresford has made his first Australian film since *Mao's Last Dancer* and it is a return to his homegrown roots. ■



## Halloween

Cast: Jamie Lee Curtis, Judy Greer, Nick Castle

Lovers of old-school slasher horror movies should rejoice as Michael Myers returns with his kitchen knife and one hell of a grudge. The man in the creepy white mask is back to terrorise the neighbourhood, but the magnetic Jamie Lee Curtis also returns as Laurie Strode. She has spent 40 years waiting to enact her own revenge on the man who terrorised her as a high school babysitter on Halloween night in 1978. Alongside the *Friday the 13th*, *A Nightmare on Elm Street* and *Scream* series, the *Halloween* movies — all 11 of them — have been one of the most insanely popular horror franchises of the last several decades. This latest edition disregards every sequel and is instead a direct follow-up to the original film.

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





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

Charting a more expansive course for Papua New Guinea's (PNG) economy requires a world-class maritime gateway, designed for growing trade across Asia and Oceania, and thoughtfully planned to benefit present and future stakeholders. This is precisely the vision for the international port in Motukea in Port Moresby, the bustling capital of PNG—a vision being realized through the strong partnerships between public, private and community sectors.

Port authority PNG Ports Corporation Ltd. is committed to transform the harbor area of Motukea island into a world-class port. Upon full build, Motukea will not only be serving Port Moresby, but will be capable of facilitating the expanding trade with Asia, Oceania, and other markets.

Private sector partner International Container Terminal Services, Inc. (ICTSI), through PNG unit Motukea International Terminal (MIT), leverages its depth of expertise in carrying out major port infrastructure projects, to ensure that the Motukea facility is robustly equipped to support PNG's growth potential over the long term.

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

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

PAPUA  
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Motukea



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



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### ***Song of a Captive Bird* (Penguin Random House), by Jasmin Darznik**

This novel about the trailblazing Iranian poet Forugh Farrokhzad is by an Iranian-born author who grew up mostly in the US).

It is a work of historical fiction described in *The New York Times Book Review* “as a complex and beautiful rendering of a vanished country”.

Through her childhood in Tehran, Farrokhzad is told that Persian daughters should be quiet and modest. She is taught only to obey, but always finds ways to rebel. Forced into a suffocating marriage, she conjures a way to flee and falls into an affair that fuels her desire to write and to achieve freedom and independence.

Farrokhzad’s poems are considered scandalous and brilliant; she is heralded by some as a national treasure, vilified by others as a demon influenced by the West. The power of her writing grows stronger amid the upheaval of the Iranian revolution.

Inspired by Farrokhzad’s verse, letters and interviews, Darznik uses fiction to capture the tenacity, spirit and conflicting desires of a brave woman who represents the birth of feminism in Iran – and who continues to inspire generations of women around the world.



### ***A Yellow House* (Monsoon Books), by Karien van Ditzhuijzen**

The author’s debut novel explores the plight of maids in Singapore and the exploitation of migrant workers. Van Ditzhuijzen brings some expertise to the topic. She works with abused domestic workers in Singapore through the charity HOME.

Ten-year-old Singaporean Maya is lonely: her grandmother is dead, her mother is returning to work and her best friend has become a bully. When Aunt M, a domestic worker from Indonesia, joins the family to care for Maya and her baby sister, Maya is determined to hate her.

But Aunt M is kind, quiet and does Maya’s hair for school better than anyone else. She works hard and looks after them well.

When Maya witnesses Aunt M rescue another maid living in the same building as Maya’s family from an abusive employer, Maya’s eyes are opened to the darker, unspoken side of Singapore life.



### ***Flights* (Penguin), by Olga Tokarczuk, translated by Jennifer Croft**

Polish author Olga Tokarczuk has been awarded Poland’s highest literary honour (the Nike) and this book, her eighth, is a series of meditations on travel. *Flights* won the Man Booker International Prize (2018).

The philosophy and meaning of travel, anecdotes that take us out of ourselves, and back to ourselves, may be an expected part of *Flights*, but Tokarczuk also connects travel with anecdotes about anatomy, about life and death, about the very nature of humankind.



Almost unbelievable characters and stories abound, including the Russian sect that escapes the devil by remaining constantly in motion; the anatomist Verheyen who writes letters to his amputated leg; the journey of Chopin’s heart from Paris to Warsaw; and the quest of a Polish woman to poison her terminally ill high-school sweetheart.

### ***Hello World* (Penguin), by Hannah Fry**

“Algorithm: a procedure or formula for solving a problem, based on conducting a sequence of specified actions.”

Dr Hannah Fry is an associate professor in mathematics at University College London. She works alongside physicists, computer scientists, architects and geographers to study patterns in human behaviour. She is also a media darling, having appeared in BBC documentaries including *Climate Change by Numbers* and *Calculating Ada: The Countess of Computing*.

In this book, Fry takes readers inside the algorithms that shape the institutions of our everyday lives to reveal how they work, their benefits, limitations and potential.

If you were, for example, accused of a crime, who would you prefer to determine your future – an algorithm or a fellow human being? The algorithm will be more consistent, less prone to error, but a human will be able to look you in the eye before determining your fate.

According to Fry, this is just one dilemma of many we may face in the age where algorithms rule over important decisions in healthcare, crime, transport and money.

According to Tim Harford, author of *The Undercover Economist*, computers used to be tools, then they were toys, and now they’re all around us. You couldn’t ask for a better guide to this bewildering new world than Hannah Fry. ■







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PICTURES: PNG TOURISM AUTHORITY & CORAL SEA HOTELS

## Bright prospects for PNG tourism

**New hotel boss Marc Ehler says PNG has the right ingredients to attract more visitors. *David James reports.***

Papua New Guinea has untapped tourism potential, according to Marc Ehler, the recently appointed group general manager of Coral Sea Hotels. "The leisure and adventure tourism prospects in PNG are enormous," he says.

Ehler, who joined the Steamships-owned Coral Sea Hotels chain at the start of the year, has visited 70 countries and worked in many of them.

He says a comparison with the Maldives and Seychelles is instructive.

"They have sun, sea and sand only and they are hugely successful in tourism. Here, PNG has so much more: the fauna and the flora, the bird life, the mountains, game fishing, extraordinary diving, the cultural shows, and the tribes. You can truly experience 'a million different journeys' as the PNG Tourism Promotion Authority's slogan suggests.

"PNG's culture is very natural. It is not staged, and that is very unique.

"When you go to the countryside, you get to know the real culture, and during the cultural



shows tourists love a *sing-sing* and to dance along," he says.

Ehler notes that PNG currently has niche tourism markets, which focus on mountaineering and diving and history, with the Kokoda Trail being one of the most famous attractions.

He says Coral Sea Hotels is mainly targeting corporate and business segments of the travel market. He says the company is one of

“

When you go to the countryside, you get to know the real culture, and during the cultural shows tourists love a *sing-sing* and to dance along.

”

**Getting in the groove ... (clockwise from opposite page) tourists dance along at a *sing-sing*; the Ela Beach Hotel, owned by Coral Sea; Marc Ehler.**



the longest-standing hotel operators in PNG and has a country-wide network, which is the key to maintaining a corporate clientele.

"We have a competitive advantage in terms of being well known in the market because of our long-standing presence in PNG," he says.

"We have different types of hotels whereby we can position ourselves in different star categories. I can offer a three, four and five-star hotel; that gives us a good range for the contract business segment to offer different categories for different needs.

"If there are meeting requirements in Port Moresby, Mount Hagen, Lae, Goroka and Kiunga we can offer that as being part of the Coral Sea Hotels."

Ehler says this year will be a good one because of the many APEC meetings and the APEC Leaders meeting in November. He says Coral Sea has a strong position.

"We compete on the fact that we have been here for a long time, we have very good connections, and we have long-standing relationships with contracted corporate business.

"The challenge will be 2019 and beyond."

He acknowledges there will be greater competition with another new hotel entry, the Hilton, coming at the end of this year.

In Port Moresby, the total number of rooms

"of decent international quality" will be about 2200 by the end of this year, and they need to be filled.

Ehler says he has been pleasantly surprised by his local staff. "I find people quite courteous and keen for new knowledge. There is certainly potential there, but we need to do more in mentoring and coaching managers."

The company is developing and introducing senior management programs and has 18 senior managers in a development program.

From those programs, it will be possible to grow and develop national managers to become better and more effective managers in Coral Sea Hotels, he says.

The new undersea cable from Australia to PNG will also be important for both the business and tourism markets.

"Obviously, you want to really experience the destination, so connectivity at first may not be that important.

"But, later on, you will want to send the pictures of the amazing nature and underwater corals and ocean life, people and cultural shows you have taken.

"So, it is overall significant that Australia is providing this kind of support to PNG." ■

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



# BOUGAINVILLE SUCCESS STORY

*David James* speaks to the owner of a thriving Bougainville export company on how to successfully establish a business.

**S**ankamap Exports was started in Bougainville in 2011. It exports copra and cocoa, and is described as the leading cocoa buyer on Buka Island.

Founder Robert Critchley, who has a mother from Bougainville and an Australian father, says one of the keys to its success was establishing the right local business relationships.

He says he built a good network to help him establish his business.

"One of the most influential and important factors was securing a market and connecting to international investors."

“

One of the most influential and important factors was connecting to international investors.

”

Critchley says he was able to attract seed capital from an investor.

"This allowed me to be more competitive

against the existing buyers in Bougainville. Having a Bougainville mother also no doubt helped secure this market share."

Critchley says the company exports on average 1500 to 2000 tonnes of dry copra a month. It also exports 30 to 60 tonnes of dry cocoa.

"We spend an average of PGK2000 per day on cocoa and copra purchased from the farmers.

"My company also employs over 100 employees, our workers."

Critchley says the company has diversified into other business activities, including property construction. It has also moved

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into shipping. Critchley says getting ships to come to Bougainville is problematic, and it is difficult to get shipping insurance.

He hopes that his shipping service will result in more competitive freight rates into Bougainville.

"Hopefully, with lower freight rates, it also lowers the cost of goods into Bougainville," he says. "Bougainville has one of the highest cost of goods in PNG."

Critchley is looking to add value to the cocoa and copra exports through downstream processing.

"I am also looking at opportunities in other export markets. Fisheries, logging and hopefully I will get into importing as well."

Critchley says he is hoping to increase the numbers of supplying farmers and improve the service that he provides to them.

"This customer supply and orientation is key to business in Bougainville. Businesses are being built and there are opportunities for investors."



**Robert Critchley ... says that establishing the right business relationships was important in setting up his copra and cocoa export company.**

Critchley is president of the Buka Business Association, which was established last year. He says the association is recognised by the Autonomous Region of Bougainville government as the voice of the private sector on the island.

"We know that the private sector needs a voice. The association exists to represent

members' views to the government, to build trade and investment networks, and to help business people to be compliant."

Critchley acknowledges that forming the association has not been straightforward.

But he says participants eventually began to see the value in working together to influence policies and to network. There are now 40 members.

He says he is developing relationships with other business associations, both inside and outside PNG, to strengthen trade and investment.

"We are looking to learn from other associations. We also want to have all associations collaborate in establishing a Bougainville Business Association. Bougainville has come a long way and admittedly we have a long way to go if we are to increase the level of private investment.

"But I believe Bougainville has a bright future." ■

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# A low-cost energy solution for PNG

Kevin McQuillan meets a solar-energy expert who says the technology can deliver many benefits to PNG's rural and remote communities.

Solar power must be provided to rural communities for the Papua New Guinean government to achieve its energy goal of power to 70 per cent of the population by 2030, according to Jon Pittar, managing director of Solar Solutions PNG.

Since entering the market in 2013, the solar provider has sold thousands of home lighting systems to rural and remote communities, as well as street and security lighting in rural and city environs.

"We're in tough economic times," Pittar says. "With approximately only 10 per cent of the population in formal employment, people are restricted in how much they have to pay for power. Solar can provide a low-cost alternative."

Pittar says the cost of laying the wires for a fully operational grid is in excess of PGK100,000 per kilometre and it then costs up to PGK2400 to take the power

from source to the houses, and then people have to pay for a meter, and then they have to pay for power.

He says historically in PNG mini-grids haven't been successful and are an expensive option in which a fault in the system will affect all users. Individual housing units mean, on the other hand, that if a problem occurs, it only affects one unit and is easily repaired.

"We have to recognise in PNG that a large portion of the community aren't going to be able to pay for power, so if we want to assist them to get better outcomes for health, better outcomes for education, they need to be provided home lighting systems in order to assist in their economic development.

"You give a community lighting and communication and that community is going to develop.

"So in five years' time, 10 years' time, there is going to be a demand for 240-volt power and

A light-bulb moment ... rural communities in PNG stand to benefit from solar lighting.



“You give a community lighting and communication and that community is going to develop.”

mini-grids. But you've got to help give them a kickstart.

"We still believe 12V home lighting systems are the most affordable and scalable way to get basic power and lighting to the rural communities."

Pittar, who is also the vice-president of the recently formed

Solar Energy Association of PNG, says the banks want property as collateral before they will lend, and small and medium-size enterprises (SMEs) are usually unable to offer this.

He's hoping the International Finance Corporation (IFC) will do in PNG what it has done in some other smaller Pacific nations and will act as a guarantor for SMEs in the solar sector who have a proven track record.

The range of 12V solar products has expanded since solar was first introduced into PNG six years ago.

Initially, it was home lighting kits, but Solar Solutions PNG now has a total program for village electrification, which consists of four lights, phone charging, accessories like TVs for schools and biomass cooking stoves. ■

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# SMALL MINER WITH BIG IDEAS

David James reports on the exploration efforts of Papua Mining.

Papua Mining has been drilling in Papua New Guinea for several years and has some exciting prospects, according to chief executive David Price. He says the company is looking to grow aggressively – possibly in partnership with a larger player.

Price says Papua Mining has been exploring on the island of New Britain for the last eight years. “I’m very positive about where we can take the company and the projects in both PNG and Australia,” he says.

Price, who was appointed CEO and managing director of the

company in late 2017 following its acquisition of Australian miner, BGM Investments, acknowledges that Papua Mining is small but says he is looking to grow the company.

He sees two ways to do that.

“You can grow a company organically, with the projects that you already have. We have been drilling our projects in Queensland during the wet season in PNG and we have had very good success at finding gold, copper and silver.

“The second way to grow a company is to acquire other projects.

“We are actively looking for new projects in Papua New Guinea. We have identified a very large prospect, a very big target, in New Britain which is possibly beyond our budget because we are a micro-cap company.”

Price says the company has spent over £20 million exploring in New Britain. There are some world-class deposits surrounding us.

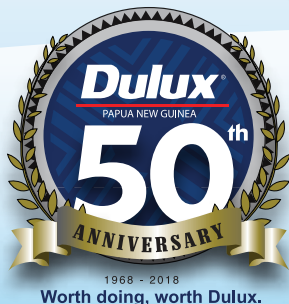
“You have Wafi-Golpu, which is the focus of attention for development at the moment. You have got Lihir. You have got Porgera. We are right in the middle of it.”



David Price ... looking for a ‘big brother’ to join Papua Mining.

Price says the projects will require a lot of money and are perhaps beyond the financial restrictions that a micro-cap can generate.

He says he is looking for ‘big brother’ to come in with the company. ■



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## Challenge to attract workforce



**T**he human resources challenges in Papua New Guinea are different from developed economies because so much of the workforce is in the informal sector. According to the consultancy Deloitte, 2.5 million people work in the informal economy, compared with about 500,000 in the formal sector.

The challenge is thus to encourage workers to migrate into the formal sector. One challenge, according to Deloitte, is to look at policies around foreign workers. "In the short term, the use of foreign labour is essential to the continuation of Papua New Guinea's growth and

development agenda," a Deloitte report says.

"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."

The report says adapting and improving education to improve skills development is a priority and it is also important to lessen job turnover. "Finding the right skills is only half the challenge; the other is retaining them. High turnover rates add an enormous cost to businesses by forcing them to continually hire and train new staff in a never ending cycle." ■

## Investment

**A** recent survey has identified the need for investment in local talent to support better outcomes for the country's professionals and organisations. The 2018/19 Papua New Guinea Salary Survey Report, by human resources consultancy Peopleconnexion PNG, surveyed professionals across the country about salaries and attitudes at work.

The research uncovered stagnating wage growth over the last two years in most industries

Key findings from the report highlight gender parity as a major ongoing challenge in PNG. According to the report, women surveyed earned considerably less than men with the same level of qualifications and years of experience.

The report notes that there has been a greater focus on gender equality in recent years by large businesses, however more work is still needed to achieve better outcomes.

"There is anecdotal evidence worldwide suggesting that (when

“

Organisations must make serious investments in professional training, strategic recruitment and succession planning.

”

as organisations adapt to the downturn in the resources sector.

Wages in Port Moresby were reported as being significantly higher than the rest of the country. But when it comes to management or specialised professions, such as engineers or aviation professionals, positions based in remote or regional hubs are likely to have higher base salaries and more comprehensive packaging options available. This is despite there being lower levels of hiring activity. "The mining, oil and gas industries in particular continue to pay a premium for remote workers," the report says.

there is investment in gender equality) there is a clear business case to improving business profitability.

"A major implication of skill shortages throughout the country is the prevalence of the expatriate workforce," the report says. Discrepancies between salaries were observed throughout the survey between expatriates and PNG citizens.

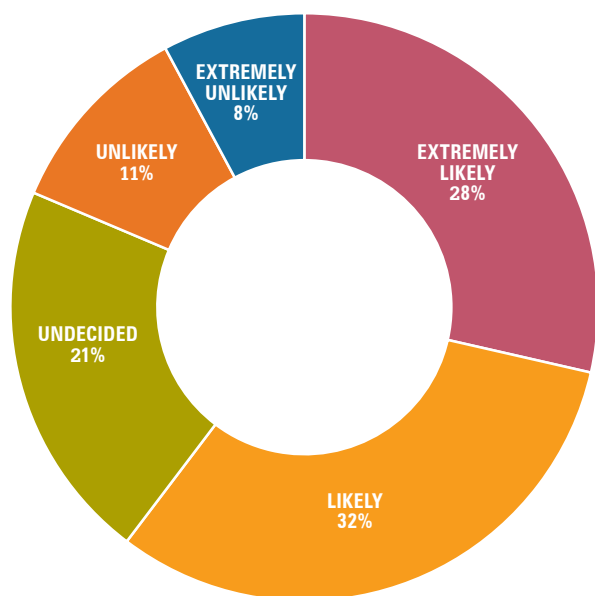
The research also highlights the need for strong strategies to address retention. "Papua New Guinea is known for having a particularly high level of turnover, which in turn, reduces the incentive for organisations to





# needed in local talent

## HOW LIKELY ARE YOU TO CHANGE JOBS IN THE NEXT 12 MONTHS



invest and train staff, creating a destructive loop. This can create major challenges for organisations as they aim to grow and expand operations."

Peopleconnexion examined workers' motivations for making a career move.

The number one motivation was career development (35 per cent of professionals), followed by better remuneration (25 per cent) and leadership opportunities (12 per cent). The need for career development outranked the need for better remuneration in every industry except community services and development.

"A desire for further career development was recorded strongly from the education and training, real estate and property,

manufacturing and production industries," the report says.

"Professionals in real estate and property, science and technology, telecommunications and trades however, were more likely to prioritise better remuneration than other industries.

"A need for work-life balance was identified strongly in the defence and military industries, sales and marketing, engineering, and mining and resources. Leadership opportunities were more likely to be the most important factor when choosing a new career for professionals in the science and technology sector, agriculture, advertising and banking and financial services. In our experience, these factors have a strong effect on retention, in

addition to attracting talent to new roles.

"To achieve enduring economic growth and sustainable opportunities to all Papua New Guineans, organisations must make serious investments in professional training, strategic recruitment and succession planning," according to Peopleconnexion.

"These are not easy processes. Conducting internal audits of pay scales, remuneration packages, workforce demographics, and succession plans can be lengthy and resource-intensive processes

requiring training and up-skilling of current staff.

"However, to build a strong organisation able to withstand economic and demographic change, it is necessary to establish strong foundations. It will take a collaborative effort by multiple stakeholders – organisations, education providers, government and Papua New Guinean citizens themselves – to invest in the careers of professionals throughout the country." ■

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## Special report

# How PNG companies are working well with their employees

## CASE STUDY ONE: PEOPLE POWER WINS THE DAY

One of the biggest human resources challenges a company can face is having to respond to a crisis. That was the situation facing Mahesh Patel, chief executive of the CPL Group, when the company's operations were burned down in 2017.

Patel says the response from staff was surprising and impressive. "To bounce back from such a disaster to a temporary office in just two weeks – that was phenomenal. "I had a town hall meeting two days after the fire to give faith to people to hang on, that we would survive. Many Papua New Guineans had been with us for 25 years.

"They thought we wouldn't bounce back and the company was doomed. There were lots of tears, lots of emotion. One Papua New Guinean wrote an email saying she would work for free to get the company up and running.

"I am in awe really. Our strength is our people."



**Mahesh Patel ... in awe at the strength of his employees.**

## CASE STUDY TWO: LOYALTY BRING REWARDS

Developing a strong company culture is key to good human resources management, especially in Papua New Guinea. Often, this is related to the family history of the company, which is then related to the management of the staff.

An example is Brian Bell, which is celebrating its 60th year in operation. The company goes out of its way to reward staff for their longevity of service, which has the effect of creating a sense of shared history.

Another example is KK Kingston, many of whose PNG employees have been with the company for

decades. The company aims to reward that continuity, and to put Papua New Guineans into senior management positions by giving them exposure to best practice, providing mentoring and training.

For corporates, the approach to culture is different. Stanley Ng Plyler, chief executive of Datec, says the company aims to have

a "single internal culture". That to some extent means countering the external culture in PNG, where people come from as many as 800 different tribes. The Datec approach, according to Plyler, is to define a quality way of serving customers, which is then used to shape how the staff will be treated.

## CASE STUDY THREE: THE CARE FACTOR

In difficult economic times, companies often seek to rationalise their staff numbers to remain profitable. One example of this was Ok Tedi, which in 2015 and 2016 experienced severe interruptions to its operations because of drought and accidents.

In 2016, then newly appointed chief executive Peter Graham and his management team met with every employee to discuss the company's vision, values, goals objectives and expectations.

Graham said the aim at the time was to get staff to understand that the company cared for them but they had to understand what needed to be done and that non-performance would not be tolerated.

The message was that the company expects "every employee to give their best every day".

Staff numbers were cut and operational performance greatly improved.

Speaking in London recently, Graham said the mine has gone from being one of the most costly in the world, and on "death row", to being one of the most efficient.

"We have been able to lower our costs, get them down to the best quartile of copper producers around the world." Graham said resources adjacent to the existing operations are now being explored, and the company is reinvesting in the mine.

Such rationalisation is now being undertaken by a number of companies in PNG.

The ANZ has sold its PNG retail, commercial and SME businesses to Kina Securities; the CPL Group has sold Paradise Cinemas to RH Group's Vision City; Steamships Trading Company has sold Laga Industries to manufacturer Paradise Company, which produces Paradise Foods, Paradise Beverages and Queen Emma Chocolates.

The acquiring firms are also faced with a human resources challenge. Kina, for example, will have to absorb the ANZ operations it has bought into its existing operations.

Paradise Foods will also be faced with a management challenge. Anthony Smare, chairman of the board of the Paradise Company believes, however, that the manufacturing sites and



**Peter Graham ... expects the best from every employee every day.**

staff will be unaffected, saying both companies (Paradise and Laga) have "first class systems and procedures with strong management frameworks" in place. "It really is business as usual for all staff as ownership changes to Paradise." ■





## CARING FOR OUR CLIENTS

Vanguard International's Chief Executive Officer, Michael Elton believes quality service, attention to detail and value for service is what differentiates Vanguard from its competitors.

"We set very high standards at VI and we have an exceptional team, covering our four key areas – Recruitment, Contract Labour, Immigration Services and Finance & Administration" says Mr Elton.

"I am the sole non-citizen employee at VI and it is testimony to the quality of Papua New Guineans in the work force. Our Operations are headed by Anzillah Miro, Executive Manager Operations. Anzillah is Papua New Guinea's leading Executive HR Recruitment Specialist, she is dynamic and she's the consummate professional when it comes to meeting our Clients' expectations."

In addition, Mr Elton stated "with Junelyn Lolo (QA / IT), Rosa Reeves (Recruitment) Merino Kasisie (Labour Hire) and Ligouri Rida (Immigration) we have four dedicated, skilled senior staff and our recently qualified CPA, Rayleen Papaso, leads our Finance Team. For Executive Recruitments our VI Team is very ably supported by Moro Kasisie, Executive Consultant to VI. Each Supervisor leads their respective team competently and efficiently. We have Rebecca and Aluso (in Recruitments) Nelly (in Labour Hire) Jenny, Marie & Rosemary (in Immigration) plus Hilda & Ruth (in Finance) together with Yobu (Reception), Mikes & Paul (our Admin drivers) and Stella (office cleaner) they complete the VI team."

The CEO added "expanding our client base is critical to growing our business and creating further opportunities for staff development and growth. When we "talk the talk" we have to be able to deliver on our promises. Clients can be unforgiving, especially in the Immigration Services area, so we focus on quality service, accuracy and efficiency."

Vanguard has built a reputation for totally professional, transparent, confidential and highly efficient Executive Recruitment Services. Its key client base is an impressive list of entities, including PNG Ports Corporation Limited, National Fisheries Authority, PNG Internal Revenue Corporation, Kumul Consolidated Holdings, Kumul Petroleum Holdings Limited, Minerals Resource Authority, Bank of Papua New Guinea to name some of their major clients. Similarly, for Contract Labour Hire, accuracy, confidentiality and prompt efficient billing processes are critical. Key VI clients include Smit Lamnalco, Rio Tinto, Newcrest and HBP Group.

For Vanguard's Immigration Services, Anzillah Miro commented that accuracy and efficiency of VI's service is paramount. "We operate with our standard, up to date checklists based on the current requirements of the Department of Labour & Industrial Relations, for work permits and requirements of the Immigration & Citizenship Services Authority for the various visa options available."

Anzillah added "we fully appreciate the demands of our Clients, especially under their business plans

when they need to mobilise their skilled non-citizen manpower, however, it is also critical for us to build and maintain key relationships at both DLIR and ICSA and we are acutely aware of the obligations required of a Licenced Employment Agent. We work respectfully and co-operatively with both DLIR and ICSA and we strongly believe that this works to the benefit of our Clients." Key clients include ICTSI, Framaco, Mainland Holdings and Kumul Hotels.

Anzillah remarked that Vanguard has a steadily growing Contract Labour Hire base and increased activity in this area places extra demands on Vanguard's small but dynamic team, in terms of manpower mobilization, roster rotations and also HR administration, payroll processing and billing. "Both our CEO and I have targeted this growth area for Vanguard and together with Immigration Services, we are very encouraged by our results over the past 18 months."

And the outlook for Vanguard?

Both Executive Managers agree that the future is bright. They appreciate that every business in PNG faces a challenging environment, yet they consider Vanguard is very well placed to achieve strong results as the company builds on its strengths, seeks out exciting new business opportunities and has an office environment that strongly encourages its young, highly committed staff to develop, both personally and professionally.

- **RECRUITMENT**

- **CONTRACT LABOUR HIRE**

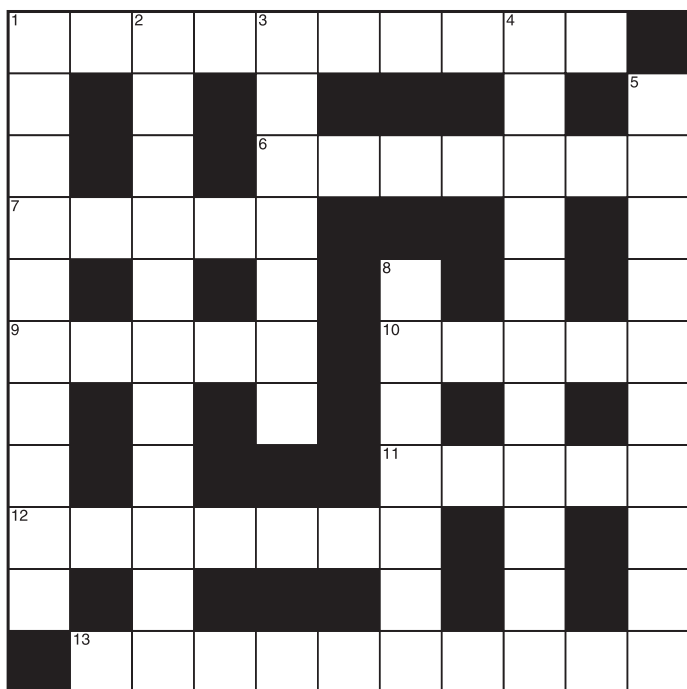
- **IMMIGRATION SERVICES**

- **HR AUDIT & CONSULTING**



### 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

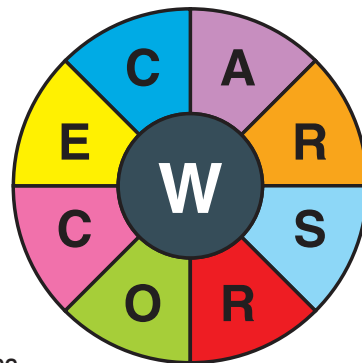
1. I leave train games for ships (10)
6. Stone fruit encountered in headlong plunge (7)
7. Doctor finds The Listener dull and depressing (5)
9. Pruning off extremities causes argument (3-2)
10. Finding yellow pigment is a dreadful chore! (5)
11. Uptight talking about tents (5)
12. Time Tia revised copy (7)
13. Unsecured bonds could be in dentures (10)

##### DOWN

1. Offer poor lion cut of meat (10)
2. Change indigenous option (11)
3. Singer, in the grip of Aesop, ran off (7)
4. One smart hat, cunningly worn by Highlander (3-1'-7)
5. Bank accounts, made in police stations (10)
8. Pleased with what's in it (7)

### Wheel Words

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



6 Good

10 Very Good

14+ Excellent

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#### STRAIGHT CLUES

##### ACROSS

1. Departs to a penal colony (10)
6. Take a nose dive (7)
7. Gloomy (5)
9. Brush (with law) (3-2)
10. Red earth colour (5)
11. Flex (muscles) (5)
12. Impersonate (7)
13. Investment certificates (10)

##### DOWN

1. Fillet steak (10)
2. Second choice (11)
3. Sarah Brightman or Dame Joan Sutherland (7)
4. Scottish beret (3-1'-7)
5. Declarations (10)
8. Satisfied (7)





# The Paradise Quiz

## HOW WELL DO YOU KNOW THE REGION?

1. How long is the Kokoda Trail?
2. Mount Wilhelm is PNG's highest mountain at 4509 metres. Can you name the second highest?
3. What is the exact date of PNG's independence?
4. Can you name the seventh prime minister of PNG?
5. Can you name the famous Australian radio broadcaster nicknamed the 'Golden Tonsils' who was born in Wau, PNG?
6. In which sport did Ryan Pini distinguish himself for PNG at several Olympics?
7. Which car maker sells the most cars in PNG?
8. What is the capital of Fiji?
9. Which major international race is conducted under lights in Singapore during September?
10. Where in the Pacific has Mount Kilauea been erupting?
11. What happened to the South Pacific islands of Abanuea and Tebua Tarawa in 1999?
12. Which South Pacific nation does King Tupou VI rule?
13. How many islands does Japan have: 68, 680 or 6800?
14. How many chopsticks does China use annually: 450,000, 45 million or 45 billion?
15. Where are the Nan Madol ruins (pictured)?



# Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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# Solutions

## Wheel Words

Solution: Craw, Crew, Crow, Scow, Ware, Wear, Wore, Arrow, Cower, Rawer, Rower, Screw, Serow, Sower, Swear, Swore, Worse, Crower, Escrow.  
9-letter word: SCARECROW

|   |   |   |   |   |   |   |   |   |   |   |
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| L |   | A |   | O |   | N |   | A |   | M |
| O |   | T |   |   |   | T | E | N | S | E |
| I | M | I | T | A | T | E |   | T |   | N |
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| 2 | 1 | 3 | 5 | 8 | 7 | 4 | 6 | 9 |
| 5 | 4 | 7 | 1 | 9 | 6 | 3 | 2 | 8 |
| 8 | 9 | 6 | 2 | 3 | 4 | 1 | 5 | 7 |
| 3 | 2 | 1 | 6 | 4 | 9 | 7 | 8 | 5 |
| 6 | 8 | 4 | 3 | 7 | 5 | 9 | 1 | 2 |
| 7 | 5 | 9 | 8 | 1 | 2 | 6 | 4 | 3 |
| 1 | 3 | 5 | 9 | 6 | 8 | 2 | 7 | 4 |
| 4 | 6 | 8 | 7 | 2 | 3 | 5 | 9 | 1 |
| 9 | 7 | 2 | 4 | 5 | 1 | 8 | 3 | 6 |

## The Paradise quiz answers

1. 96 kilometres. 2. Mount Giluwe, 4367 metres. 3. September 16, 1975. 4. Peter O'Neill, the current PM. 5. John Laws. 6. Swimming. 7. Toyota. 8. Suva. 9. Formula One grand prix. 10. Hawaii. 11. They disappeared under the sea. 12. Tonga. 13. 6800. 14. 45 billion. 15. Pohnpei, Micronesia.




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# Out and about

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

### CLIMATE

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

### COMMUNICATIONS

**Internet:** Web access in Port Moresby has improved immensely in recent years. In other urban centres, you may still be relying on dial-up. For those staying longer, wireless internet, via a USB modem, is available. Complimentary Wi-Fi is becoming more common at hotels, and is also available at Jacksons International Airport.

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

### ELECTRICITY

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

### GETTING AROUND

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

**Car hire:** Deal with one of the international names and ask them to provide a driver (PGK450+ per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

**Taxis:** Recommended firms are City Loop (1800 000), Comfort (325 3046), and Scarlet (7220 7000).



Port Moresby from the air ... new shops, hotels and restaurants are springing up at a rapid rate.

PICTURE: MILEN STILYANOV

**Domestic flights:** Travelling within PNG often means taking an internal flight (for instance, you cannot drive between Port Moresby and Lae). Air Niugini offers passengers the chance to book (and for some flights, also to check in) online, but make sure you print out a copy of your receipt to show at check-in. Aircraft and helicopter charters are available for travel to remote locations.

### HEALTH

Serious medical conditions can be treated in Port Moresby at Pacific International Hospital and the Government Hospital, which have 24x7 emergency and critical care services. Some conditions may require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation can reach \$US30,000). Visitors should also note that malaria is prevalent

in PNG and there have been cases of measles and tuberculosis.

### MEDICAL EMERGENCY

For St John Ambulance phone 111 or 7111 1234. St John provides 24-hour ambulance service in Port Moresby.

### MONEY

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

### SAFETY

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

### TIME ZONE

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

### EATING OUT

#### PORT MORESBY

**Airways Hotel:** Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside to Deli KC. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. See [airways.com.pg](http://airways.com.pg).

**Asia Aromas:** Offering Chinese and Thai food by the water at Harbourside, this eatery has consistently good reviews on social media. Outdoor seating is available. A good spot for sunset drinks. Tel. +675 321 4780.

**Aviat Club:** The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and ➤







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**THE WILD ORCHID**  
RESTAURANT & BAR



**Gateway**

HOTEL & APARTMENTS

A Coral Sea Hotel

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**Bookings: 327 8100 | [coralseahotels.com.pg](http://coralseahotels.com.pg)**



salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See [facebook.com/pages/Aviat-Club/141553252563094](https://facebook.com/pages/Aviat-Club/141553252563094).

**Bel Cibo:** A casual and affordable family style restaurant serving Italian-American at Vision City. See [belcibopng.com](https://belcibopng.com).

**Cafe on the Edge:** There are good hamburgers here and breakfast options such as eggs benedict, avocado and crispy bacon. Located under the residential buildings at Harbour City, behind the ANZ and BSP banks. See [facebook.com/edgebythesea/](https://facebook.com/edgebythesea/).

**Crowne Plaza Hotel:** There are multiple eating options at Crowne. The in-house restaurant includes a buffet for breakfast (eggs

cooked to order), as well as lunch and dinner. It's one of the few restaurants in Port Moresby with gluten-free choices. The hotel also has fine dining at the Rapala restaurant. See [ihg.com](https://ihg.com).

**Daikoku:** The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the Stop n Shop shopping centre in Harbour City, chefs will whip up your meal at your table. See [daikokupng.com](https://daikokupng.com).

**Duffy Cafe:** Known for excellent coffee and homemade cafe-style food and bakery items, Duffy has three locations – at Harbourside, Gordons and Jacksons International Airport. See [duffypng.com](https://duffypng.com).

**Dynasty at Vision City:** This may be the biggest restaurant

in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. See [facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956](https://facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956).

**Ela Beach Hotel:** The Beachside Brasserie aims to be one of Port Moresby's best value-for-money restaurants, offering seafood and other dishes from the Pacific Rim, curry, pastas, and a classic grill menu. It's located next to the pool, set in Italian gardens. See [coralseahotels.com.pg](https://coralseahotels.com.pg).

**Fusion:** This is one of the city's busiest restaurants. It's a fusion of flavours from China, Thailand and Vietnam. Takeaway available. There's also a sister restaurant,

Fusion 2, in the far corner of the ANZ Bank Compound in Waigani. Tel. +675 7196 6666.

**Gateway Hotel:** The hotel's dining options include Jackson's Gaming–Restaurant–Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town. Sizzler's Family Restaurant offers value dining, while Enzo's Express does quick lunches, coffee and pizza. The hotel's Departure Bar, next to the hotel lobby, is a comfortable and air-conditioned space to while away some transit hours in between flights. See [coralseahotels.com.pg](https://coralseahotels.com.pg).

**Grand Papua Hotel:** The elegant Grand Brasserie has an a la carte menu of modern European cuisine, as well as buffet options. The

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Grand Cafe, on Douglas Street, has barista-made Goroka coffee, fruit juices, freshly made salads and sandwiches. The Grand Bar – with stylish marble, high ceilings, timber floors and window shutters – has a light menu and is a popular place to wind down after work. See [grandpapuahotel.com.pg](http://grandpapuahotel.com.pg).

**Hosi Ramen:** As the name suggests, this Japanese restaurant at Vision City specialises in ramen (noodles served in broth with meat and vegetables). See [facebook.com/pages/Hosi-Ramen/565779996932557](https://facebook.com/pages/Hosi-Ramen/565779996932557).

**Korean Garden:** An affordable menu at Vision City that includes a do-it-yourself barbecue, as well as traditional favourites such as kimchi and gimhap. See [facebook.com/pages/Korean-Garden/595454767289525](https://facebook.com/pages/Korean-Garden/595454767289525).

**Lamana Hotel:** You're spoilt for choice here with Spices (Indian), the Italian Restaurant, Rio's at the Temple (Brazilian), Cafe Palazzo, Lanes Ten Pin Bowling, and PNG's biggest nightclub, The Gold Club. See [lamanahotel.com.pg](http://lamanahotel.com.pg).

**Magi Seafood Restaurant:** A local secret on Spring Garden Road (same side as SP Brewery) with excellent Asian food, but specifically the best mud crab in town, which needs to be ordered 24 hours in advance. Tel. +675 323 3918.

**Mojo Social:** This casual Mediterranean-inspired bar and restaurant is on the ground floor of PWC Haus at Harbour City. Tapas-style dishes, risotto and pizza are among the offerings. See [mojosocialpng.com](http://mojosocialpng.com).

**Naked Fish:** A seafood and steak restaurant at Harbourside. Great spot for sunsets and the water views. Tel. +675 320 2293.



**Royal Papua Yacht Club:** Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan bar area showing sport on large screens. See [rpyc.com.pg](http://rpyc.com.pg).

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

**Sogno:** This is a traditional Italian restaurant with pastas, risottos and pizzas served out of a stone oven at Harbourside. Tel. +675 320 0001.

**Stanley Hotel and Suites:** This new hotel in Waigani has several restaurant choices, including the fine-dining Silver Leaf on the 17th floor, and the chic tapas-style Monsoon Lounge, which is great for after-work drinks on the leather-lounge seating. The casual Green Haus restaurant has all-day dining, including buffet dinners with live cooking stations. See [thestanleypng.com](http://thestanleypng.com).

**Tandoor on the Harbour:** Come here for a curry with great bay views. See [facebook.com/tandoorontheharbour](https://facebook.com/tandoorontheharbour).

**Tasty Bites:** This Indian restaurant is tucked away in the town centre in Hunter Street near Crowne Plaza. Bookings recommended. Tel. +675 321 2222.

**Vision City:** PNG's first major shopping mall houses an increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs. See [visioncity.com.pg](http://visioncity.com.pg).

## LAE

**Bunga Raya:** This local favourite, serving Malaysian-style Chinese, is located next door to the Lae Golf Club. Be sure to try the stuffed lettuce cups, laksa and claypot tofu. Tel. +675 472 7177.

**Chigi's Cafe:** This delightful place inside the temporary Brian Bell store near the Lae main markets serves good coffee, milkshakes, sandwiches, cakes and salads. Tel. +675 7217 1966.

**Golden Aviat:** A good option for Chinese, located on Huon Road in Eriku. Open for lunch and dinner, and yum cha on Sundays. Tel. +675 472 0486.

**Huon Club:** This private members' club offers air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel to preview all the racing and sporting events. Tel. +675 7347 1058.

**Lae Golf Club:** The club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

**Lae International Hotel:** Home to three restaurants – Lulua's Italian Pizza, Vanda and Kokomo – which serve an array of international cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See [laeinterhotel.com](http://laeinterhotel.com). Tel. +675 472 7000.

**Lae Yacht Club:** The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food. See [laeyachtclub.com.pg](http://laeyachtclub.com.pg). Tel. +675 472 4091.

**Mountain View Restaurant:** Located at the Crossroads Hotel at Nine Mile. Be sure to try the Japanese fusion menu – it's the only place in town where you can get good sushi. See [hornibrook.com.pg/crossroads](http://hornibrook.com.pg/crossroads). Tel. +675 475 1124.

## HOTELS

### PORT MORESBY

**Airways Hotel:** Airways is within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms, excellent service and very good food options. See [airways.com.pg](http://airways.com.pg). Tel. +675 324 5200.

**Crowne Plaza:** Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving cafe and Mediterranean restaurant. See [ihg.com](http://ihg.com). Tel. +675 309 3329.

**Ela Beach Hotel and Apartments:** On the fringe of the CBD, this constantly expanding hotel/apartment complex is part of the Coral Sea Hotels group. See [coralseahotels.com.pg](http://coralseahotels.com.pg). Tel. +675 321 2100.

**Gateway Hotel:** Conveniently located just minutes from Jacksons International Airport, ►



the hotel has a range of dining options, conference facilities, modern gym and two swimming pools. Free airport shuttles are available for guests. See [coralseahotels.com.pg](http://coralseahotels.com.pg). Tel. +675 327 8100.

**Grand Papua:** This premium hotel opened in late 2011 and features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular for business meetings. Centrally located. See [grandpapuahotel.com.pg](http://grandpapuahotel.com.pg). Tel. +675 304 0000.

**Holiday Inn:** Located in Waigani, the large grounds include a walking track in a tropical garden setting, outdoor restaurant and bar area, business centre and

gym. Includes three-star Holiday Inn Express hotel. See [ihg.com](http://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 [lagunahotel.png](http://lagunahotel.png). 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](http://lamanahotel.com.pg). Tel. +675 323 2333.

**Stanley Hotel and Suites:** One of Port Moresby's newest hotels, this is a luxurious 429-

room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive lounge. Connected to Vision City Mega Mall. See [thestanley.png](http://thestanley.png). Tel. + 675 302 8888.

## LAE

**Crossroads Hotel:** A 45-room facility at Nine Mile. The hotel has a Japanese-themed teppanyaki restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, Wi-Fi and complimentary transfers to both Lae City and Nadzab Airport. See [hornibrook.com.pg/crossroads](http://hornibrook.com.pg/crossroads). Tel. +675 475 1124.

**Hotel Morobe:** A centrally located 38-room boutique property built in 2014. See [hotelmorobe.com](http://hotelmorobe.com). Tel. +675 4790 100.

**Lae City Hotel:** Located in the main Top Town area, this hotel has 24-hour concierge and an excellent cafe and restaurant with Western and Asian cuisine. See [laecityhotel.com](http://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](http://laeinterhotel.com). Tel. +675 472 2000.

**Lae Travellers Inn:** An affordable option, offering clean and comfortable rooms. Tel. +675 479 0411. ■



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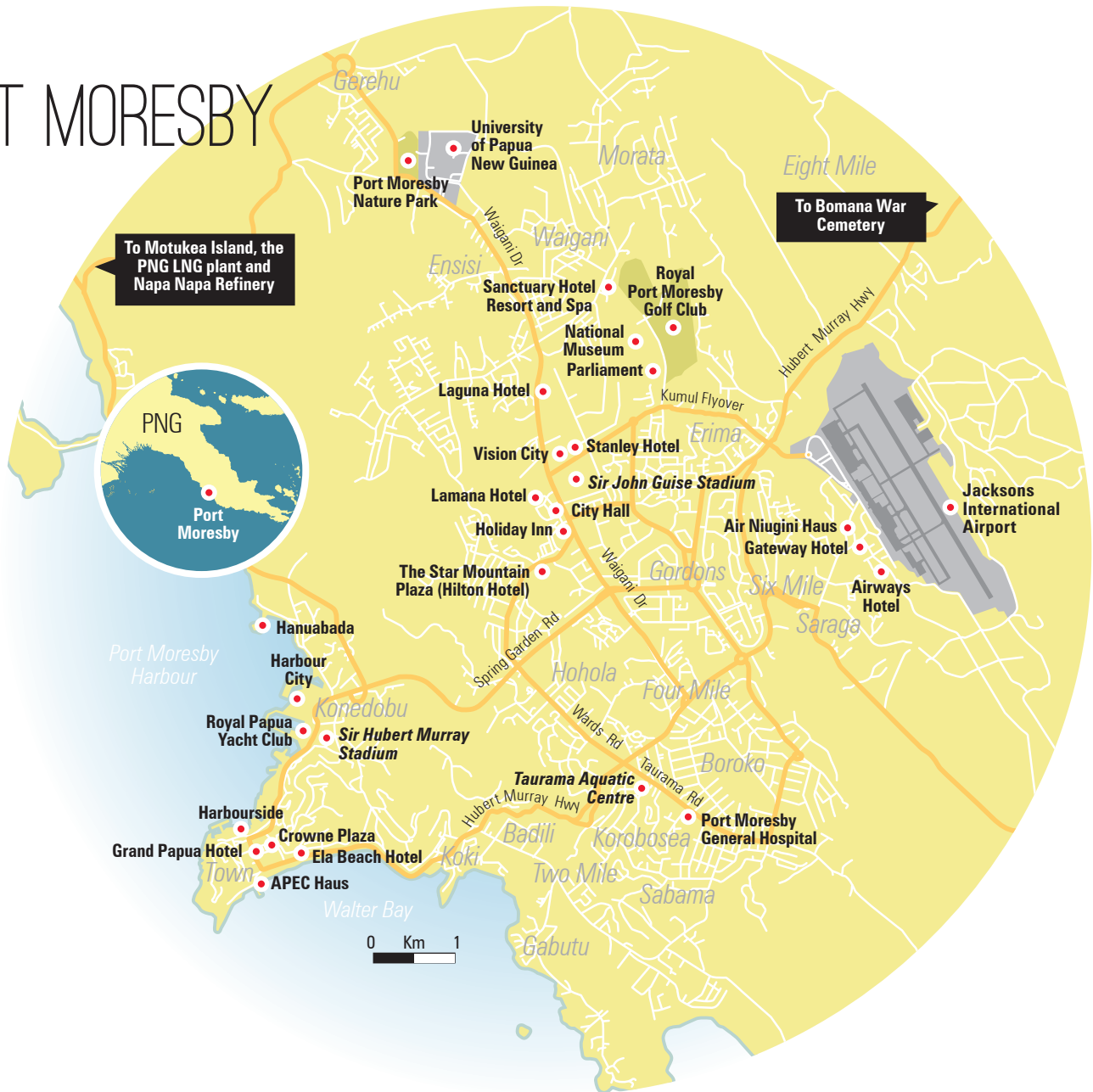
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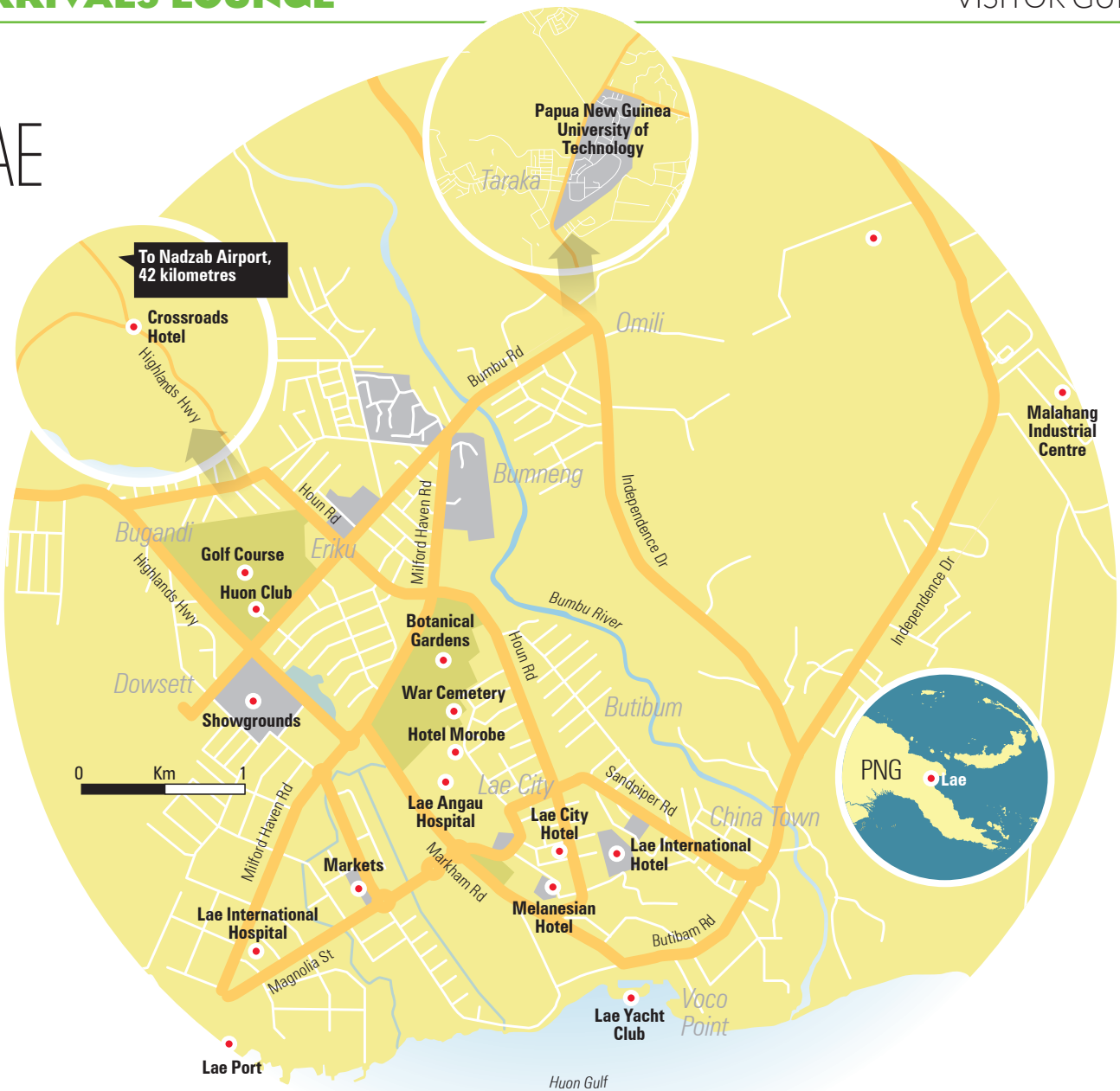
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## TWO-MINUTE GUIDE TO TOK PISIN WORDS/PHRASES

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

- *Where do I find a taxi?*  
**Bai mi painim taxi long we?**
- *One coffee with milk, please.*  
**Wanpela kap kopi wantaim milk plis.**
- *Where is the toilet?*  
**Toilet istap we?**

- *How much is this?*  
**Dispela em hamas?**
- *Thank you very much.*  
**Tenkiu tru.**
- *You understand English?*  
**Yu save long tok Inglis?**
- *Where is my bag?*  
**Bag bilong mi istap we?**
- *Where can I change my money?*  
**Wanem hap bai mi ken senisim moni bilong mi?**

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

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

## NUMBERS

1

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MADANG.....422 2659  
Mt HAGEN.....542 1933

GOROKA.....532 3552  
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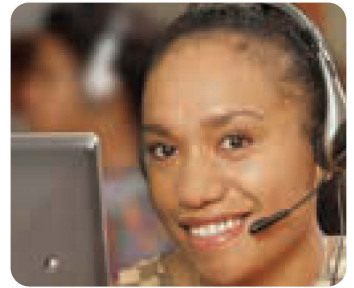
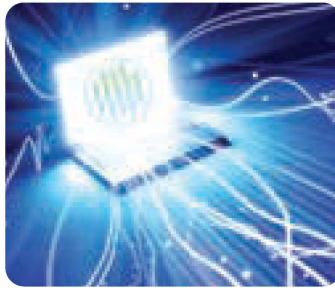
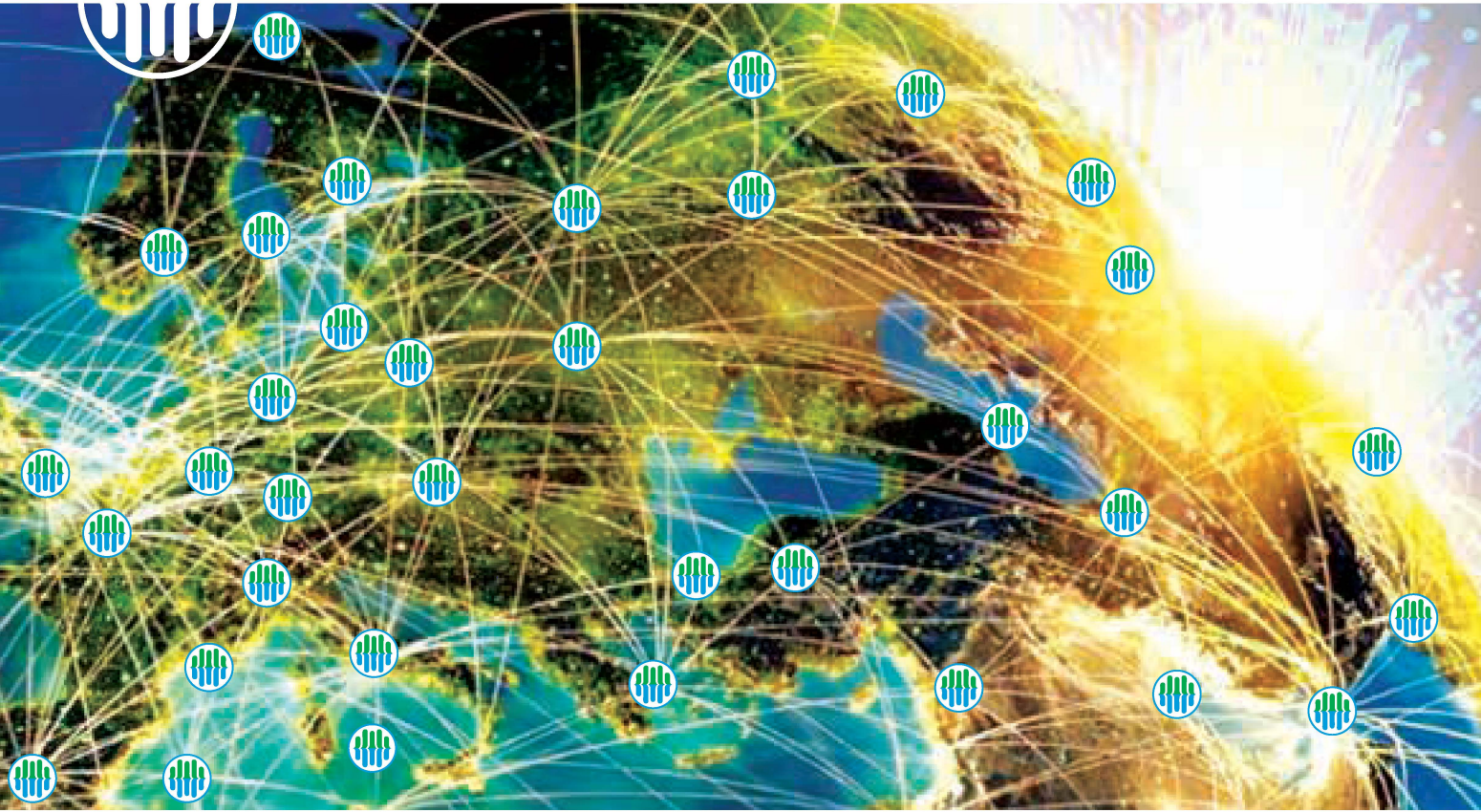
  
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Please ensure that your carry on luggage is placed in the overhead locker or under the seat in front of you.

### 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



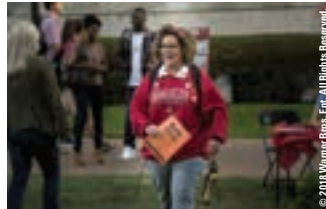
### Deadpool 2

Genre: Action, Comedy

Rating: R

Stars: Ryan Reynolds, Josh Brolin, Morena Baccarin

Marvel's mercenary motormouth Deadpool teams up with a group of fellow mutants to protect a young boy from a murderous super soldier.



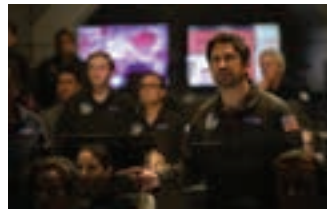
### Life of the Party

Genre: Comedy

Rating: PG13

Stars: Melissa McCarthy, Gillian Jacobs, Debby Ryan

When her husband suddenly dumps her, long-time dedicated housewife Deanna turns regret into reset by going back to college, landing in the same class as her daughter, who's not entirely sold on the idea.



### Geostorm

Genre: Action, Sci-Fi

Rating: PG13

Stars: Gerard Butler, Jim Sturgess, Abbie Cornish

When catastrophic climate change endangers Earth's very survival, world governments unite and create the Dutch Boy Program: a global net of satellites surrounding the planet that are armed with geo-engineering technologies designed to stave off the natural disasters.



### Rampage

Genre: Action, Sci-Fi

Rating: PG13

Stars: Dwayne Johnson, Naomie Harris, Malin Akerman

Primatologist Davis Okoye shares an unshakable bond with George, an extraordinarily intelligent gorilla. But a rogue genetic experiment gone awry mutates this gentle ape into a raging creature of enormous size.



### Red Sparrow

Genre: Action, Thriller

Rating: R

Stars: Jennifer Lawrence, Joel Edgerton, Matthias Schoenaerts

A Russian intelligence officer is drafted against her will to become a trained seductress.



### Tomb Raider (2018)

Genre: Action, Drama

Rating: PG13

Stars: Alicia Vikander, Dominic West, Walton Goggins

Lara Croft is the fiercely independent daughter of an eccentric adventurer who vanished when she was scarcely a teen. Leaving everything she knows behind, Lara goes in search of her dad's last-known destination: a fabled tomb on a mythical island.



### Avatar

Genre: Fantasy, Adventure

Rating: PG13

Stars: Sam Worthington, Zoe Saldana, Sigourney Weaver

An ex-Marine finds himself thrust into hostilities on an alien planet filled with exotic life forms. As an avatar, a human mind in an alien body, he finds himself torn between two worlds.



### Lucknow Central

Genre: Drama

Rating: PG13

Stars: Farhan Akhtar, Diana Penty, Ronit Roy  
Kishan Girhotra's dreams of becoming a singer are shattered when he is falsely accused of murder and jailed for a crime he never committed.



### Raid

Genre: Action, Thriller

Rating: PG13

Stars: Ajay Devgn, Ileana D'Cruz, Saurabh Shukla  
Set in the 80s, a fearless IT officer carries out a raid at the mansion of the most powerful man in Lucknow despite all the attempts by the latter to get the officer removed.



### Inuyashiki

Genre: Drama, Sci-Fi

Rating: PG13

Stars: Noritake Kinashi, Takeru Satoh  
Ichiro Inuyashiki is an elderly man working for a company. One day, Ichiro is involved in an explosion. When he regains consciousness, he discovers that he is now a cyborg with incredible powers.



### Operation Red Sea

Genre: Action, Drama

Rating: PG13

Stars: Zhang Yi, Huang Jingyu, Hai Qing  
Elite Chinese military special forces embark on a dangerous mission to thwart a deadly terrorist plot.



### Kasal

Genre: Romance, Drama

Rating: PG13

Stars: Bea Alonzo, Derek Ramsay, Paulo Avelino  
Lia Marquez is set to marry Cebu's most eligible bachelor, Philip Cordero, who is running to become mayor. But things get complicated when Lia's ex-boyfriend returns to work on Philip's campaign.





## TV



### One Strange Rock

Genre: Documentary

Episode: S1 E3 – Shield  
Rating: PG

**Stars:** Will Smith, Chris Hadfield, Mae C. Jemison  
The epic story of Earth's battle with the Sun. Our star would wipe us out in an instant without the incredible planetary shields that protect us.



### Boston Legal

Genre: Drama

Episode: S2 E1 – The Black Widow  
Rating: PG13

**Stars:** James Spader, William Shatner, Candice Bergen  
Shore and Brad represent a woman accused of poisoning her wealthy, elderly husband; Tara defends a doctor accused of groping a mute cellist.



### Empire

Genre: Drama

Episode: S4 E10 – Birds in the Cage  
Rating: PG13

**Stars:** Terrence Howard, Taraji P. Henson, Jussie Smollett  
Nurse Claudia takes her job to a new level, when she kidnaps Lucious. To find him, Cookie must race against time and use the skills she learned in prison to rescue him.



### Life in Pieces

Genre: Comedy

Episode: S3 E3 – Treasure Ride Poker Hearing  
Rating: PG13

**Stars:** Colin Hanks, Betsy Brandt, Thomas Sadoski  
When Heather finds a map to a time capsule she buried with her brothers as kids, they all set out to find it and dig it up.



### The Middle

Genre: Comedy

Episode: S9 E20 – Great Heckspectations  
Rating: PG

**Stars:** Patricia Heaton, Neil Flynn, Charlie McDermott  
Frankie has to force Brick into asking Cindy to the high school prom; Lexie talks Axl into giving Sue a belated 21st birthday present; Mike becomes frustrated over a new TV remote controller.

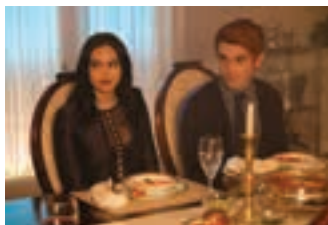


### New Girl

Genre: Comedy

Episode: S7 E5 – Godparents  
Rating: PG13

**Stars:** Zooey Deschanel, Jake Johnson, Max Greenfield  
Jess tries to appease Winston's anxiety about his impending fatherhood by tracking down his long-lost dad. Schmidt goes back to work for the first time since Ruth's birth.



### Riverdale

Genre: Drama

Episode: S2 E3 – Chapter Sixteen: The Watcher in the Woods  
Rating: R

**Stars:** K.J. Apa, Lili Reinhart, Camila Mendes  
Frustrated by the lack of progress made in catching his father's shooter, Archie takes matters into his own hands in order to send the gunman a message.



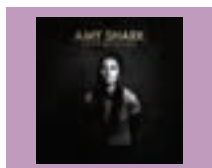
### Dorothy and the Wizard of Oz

Genre: Family, Animation

Episode: S1 E2 – Toto Unleashed / Official Ozian Exam  
Rating: G

**Stars:** Jessica DiCicco, Bill Fagerbakke, Jess Harnell  
Wilhelmina wants a pet and what better pet than Dorothy's? / The Mayor tells Dorothy she must pass the Official Ozian Exam in order to stay in Oz.

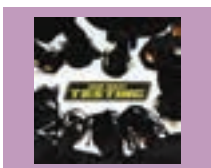
## MUSIC



### Amy Shark Love Monster

Genre: Pop Rating: R

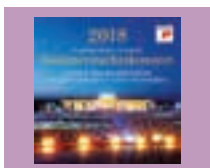
Following her debut EP, this is the debut full-length album for Australia's Amy Shark, including hits *Adore*, *Weekends* and *I said Hi*. Shark joins forces with Joel Little and Bleachers front man Jack Antonoff.



### A\$AP Rocky Testing

Genre: Pop Rating: MA 15+

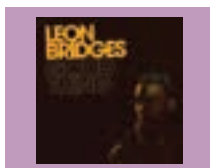
Harlem-born MC A\$AP Rocky, aka Rakim Mayers, releases his third studio album, *Testing*. This album picks up where Rocky's last album left off, weaving mind-melting aural psychedelics into hip-hop.



### The Vienna Philharmonic Summer Night Concert 2018

Genre: Classical Rating: G

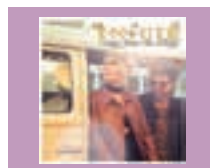
The 2018 Summer Night Concert of the Vienna Philharmonic features works from the operatic and ballet repertoire of Italian and Russian composers.



### Leon Bridges Good Thing

Genre: Jazz Rating: PG

*Good Thing* is the follow up to Bridges' critically acclaimed award-winning debut album *Coming Home*. Here the talented gospel and soul singer allows himself to showcase more of his influences and artistry.



### Jess & Matt Songs from the Village

Genre: Easy Listening Rating: PG

The album is a collection of iconic songs that heralded the folk revolution, honouring celebrated artists such as Simon and Garfunkel, Bob Dylan and Joni Mitchell.



### Christina Aguilera Liberation

Genre: Pop Rating: MA 15+

In Australia, Aguilera is a multi-Platinum selling superstar, with multiple ARIA Top 10 albums and singles. She has achieved three ARIA No. 1 singles and sold over half a million albums. *Liberation* is her sixth studio album.



# 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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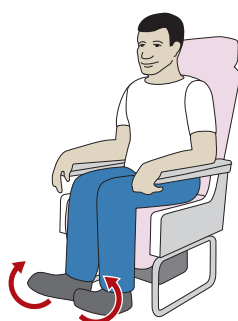
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# Your wellbeing



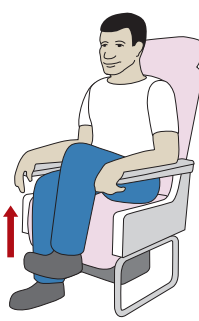
These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these exercises for three or

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.



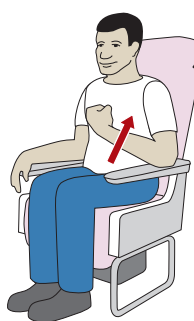
## KNEE LIFTS

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.



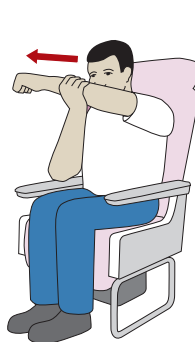
## FORWARD FLEX

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.



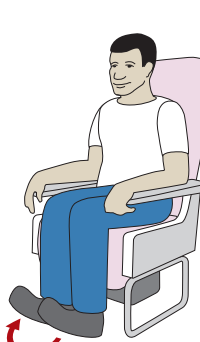
## SHOULDER STRETCH

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.



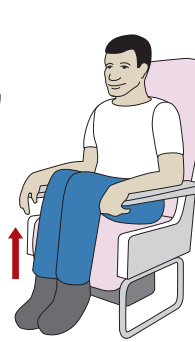
## FOOT PUMPS

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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