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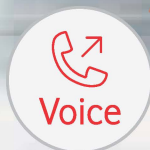
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IN PARADISE

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COVER PHOTO: A village wedding at Hanuabada, photographed by Joshua Coughran. See our story, Page 52.



Message from the Acting CEO

Welcome aboard



It is my pleasure to welcome you aboard this Bird of Paradise flight.

Whether you are travelling to or from Papua New Guinea, or to one of our many beautiful domestic destinations, on behalf of the dedicated employees of Air Niugini, welcome!

2023 is a year of transformation for the national airline. We look forward to announcing a substantial

fleet program. Our approach is to employ modern, efficient aircraft to enhance the value of our service offering. We thank our Government and the Government of Australia for recent agreements of a technical support package toward our fleet program.

We will eventually bid farewell to our hardworking Fokker aircraft and replace them with next generation single-aisle regional jets. The process of evaluating the potential replacement is nearing completion.

Our goal is to provide our customers with greater value and better facilities in the air, while also achieving improved fuel efficiency and, ultimately, building our schedule and network for your benefit.

PNG is a country of unmatched diversity and natural beauty. Whether you are diving into the crystal-blue waters of the

Niugini Islands or traversing the magnificent Highlands, we look forward to taking you there in our new aircraft.

This year Air Niugini celebrates its 50th year of operation. Aviation has played a major role in the exploration, development and growth of our country. From the Ford Tri-motors of the gold fields of Wau and Edie Creek, to Air Niugini's own Boeing 707s linking Port Moresby to far destinations like Honolulu and Singapore, aviation has been a catalyst for change.

We are focused on making it easier for you to visit the world on an Air Niugini ticket, and also making it easier for visitors to PNG.

That is, we have recently finalised interline arrangements with Qatar Airways and Singapore Airlines, which will allow our customers to access their extensive network around the world when booking through the Air Niugini ticketing system. It will also make it easier for the customers of those airlines to visit and travel around our country.

I look forward to announcing some exciting news for our Destinations and Executive Club Members, as we restructure and launch our new loyalty program – providing even greater value to our Air Niugini frequent travellers.

Thank you for choosing Air Niugini. Bamahuta! Lukim yu bihain.

Gary Seddon
Acting Chief Executive Officer





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Air Niugini starts flights to Palau

Air Niugini has started weekly flights to Palau.

The inaugural flight took off from Port Moresby on February 28 and was greeted with a water salute at Palau's Roman Tmetuchl International Airport.

The weekly service on Boeing 767 aircraft flies every Tuesday from Brisbane to Palau, via Port Moresby, with the return flight on Wednesday.

Airfares between Brisbane–Palau and Port Moresby–Palau have been set at a competitive level to ensure Palau is a viable alternative to destinations such as Bali and Fiji.

The airline is operating the route as part of the Australian Government's Pacific Flight Program, which underwrites flights during the initial establishment phase. The program removes the commercial risk for airlines and assures regular scheduled flights for passengers and cargo.

The program has supported more than 450 flights in the Pacific since December 2020, across 14 routes and 11 countries.

“
Airfares have been set at a competitive level to ensure Palau is a viable alternative to destinations such as Bali and Fiji.”

This has helped keep Pacific communities connected during the COVID-19 outbreak and has maintained supply chains and delivered critical medicines.

Air Niugini's General Manager, Commercial, Paul Abbot, acknowledged the collective efforts of the Australian Government and all stakeholders in supporting the first flight.

Officials and dignitaries welcoming Air Niugini's first flight to Palau (front row, from left) First Assistant Secretary, Air Division, Department of Transport Jacinta Waine, Vice President, Government of Palau Jerrlyn Uduch Senegebau Senior, Air Niugini General Manager, Commercial Paul Abbot, Australia's Ambassador to Palau Richelle Turner.

“We look forward to working with the Chamber of Commerce, the Palau Visitors Authority and all stake holders here to promote the route and showcase what Palau can provide in terms of tourism and hospitality products.

“We see real benefit to Palau with access from the Australian market to help re-build their tourism business. The cargo uplift of the B767 will be of immense value to the many businesses in Palau looking to import goods. With everyone's support, we hope to see more flights on this route in the future.” ■

Online pay option with BSP for air tickets

Air Niugini customers can book and pay for airline tickets instantly and securely via BSP's Pay online option. The option has been available since last November and is available to BSP account holders in Papua New Guinea.

BSP account holders can make online payments to registered merchants without using their bank cards. The only information required is a CIF (BSP identification) and a registered mobile number to receive security codes.

To use this payment option to purchase Air Niugini tickets, customers need to go to the BSP website at bsp.com.pg to activate their bank account for any BSP Pay related payments. Customers can then go to airniugini.com.pg to book a flight, proceed to checkout and select BSP Pay.

Air Niugini General Manager, Commercial, Paul Abbot, says BSP Pay gives the airline's non-credit cardholders a safe and convenient alternative form of payment online.

“It greatly improves access and peoples' ability to book travel from the comfort of their own home and now adds to other forms of online payment we already have including Visa, Mastercard and Amex. Air Niugini also accepts points plus cash payment for its Destinations Loyalty members and Poli pay online for travel originating out of Australia.” ■



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SCAN ME

Air Niugini meets world-class safety standards

Air Niugini has again successfully passed the International Air Transport Association's (IATA) Operational Safety Audit (IOSA), giving the airline validation for the next two years.

The IOSA certificate is a global industry standard for airline operational safety auditing.

For two decades, IOSA has been the industry benchmark in safety auditing.

IOSA certification ensures airlines are compliant with safety requirements and recommended practices determined by IATA and is an internationally recognised and accepted evaluation system.

Under IOSA, accredited auditors assess Air Niugini's operational management and control systems, including the areas of corporate organisation and management, flight operations, operational control, flight dispatch, aircraft

“At Air Niugini, safety is always our highest priority. It is expressed in everything we do.”

engineering and maintenance, cabin operations, aircraft ground handling, cargo operations and operational security.

Air Niugini's former Chief Executive Officer, Bruce Alabaster, said this achievement provides continued assurance that Air Niugini meets world-class safety and security standards as measured against IATA's global benchmark.

“At Air Niugini, safety is always our highest priority. It is expressed in everything we do. We are very proud of maintaining that safety record yet again this year.

“With IOSA certification and auditing, passengers can have comfort in knowing that an IOSA certified airline complies with the most stringent of rules and practices governing aviation safety. It is also one of the prerequisites for codeshare agreements with other international carriers.”

Air Niugini has successfully passed nine IOSA audits since 2009, and with every audit the airline has continuously endeavoured to improve its systems and processes and build the safety conscience of its staff. ■

GAMES NOD FOR AIR NIUGINI

The Papua New Guinea Olympic Committee (PNGOC) has presented Air Niugini with a plaque in appreciation of the airline's ongoing support towards Team PNG's preparation for the Pacific Games later this year.

The Pacific Games will be in Honiara, Solomon Islands, from November 19 to December 2.

With the plaque (from left) are PNGOC President, Sir John Dawanicura, champion weightlifter Dika Toua, Air Niugini's Executive Manager, Retail Sales Charlie Wanma, PNGOC Secretary General Auvita Rapilla, and Air Niugini's Manager, Corporate Communications Illan Kaprangi. ■



A new-look plane for PNG skies?

As part of its re-fleeting program, Air Niugini executives and management recently undertook a demonstration flight in Port Moresby in the latest Embraer E195 E2 jet.

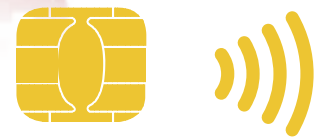
The Embraer is under consideration as a replacement aircraft for Air Niugini's fleet of Fokker aircraft that operate on

domestic and regional routes.

The narrow-body 116-seat Embraer promises better fuel economy, lower maintenance costs, good range and increased passenger comfort.

Recently, the Embraer entered service with KLM in Europe and regional Canadian carrier Porter Airlines. ■





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More benefits for Destinations members

PNG Office Works at 6 Mile in Port Moresby is offering Destinations Loyalty Program members points on selected stationery and electronic appliances.

Air Niugini General Manager Commercial, Paul Abbot, welcomed PNG Office Works on board for the initial two-year partnership.

He highlighted the need to partner with more organisations to add value to the Destinations program.

“We would like to have more program partners from different industries come on board to provide a wide range of products where members can earn and redeem their points,” he says.

PNG Office Works General Manager, Jovita Kenni, says the outlet is pleased to partner with Air Niugini.



PNG Office Works General Manager, Jovita Kenni, and Air Niugini General Manager Commercial, Paul Abbot, seal the deal.

PNG Office Works’ inclusion in the program brings the total number of corporate partners to 11.

Air Niugini’s Destinations Loyalty Program was launched in 2009 as PNG’s first frequent

flyer program. It now has 123,000 active members.

Other corporate partners in the program offering member benefits include Gazelle International Hotel, Rapopo Plantation Resort, Kumul Consumer Goods, Axcellerate Sports, Walindi Plantation Resort, Tawali Resort, Air Niugini Savings and Loans Society, Telikom PNG Limited, Kokopo Beach Bungalow Resort and Pacific MMI Insurance. ■

To find out more, see destinations.com.pg.

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AIRLINE SUPPORT FOR HIRI MOALE FESTIVAL

Air Niugini jumped on board earlier this year to support the Hiri Moale Festival that was held in Port Moresby in March.

The airline provided travel for all contestants, with the mix of domestic and international tickets valued at more than PGK70,000.

Air Niugini's General Manager, Commercial, Paul Abbot, says the airline is proud to support the festival.

"The Hiri Moale Festival is more than just a festival as it impacts positively on tourism, the country and its people, especially the younger generations," he says. "Part of



Hiri Moale celebrations in Port Moresby.

the vision for the festival is to protect and preserve the cultural heritage and we are pleased to be able to play our part in this."

Chairman of the Motu Koita Assembly and NCD Deputy Governor, Dadi Toka, thanked Air

Niugini. "This is not the first time Air Niugini has supported the Hiri Moale Festival and we are grateful to have the airline onboard again this year. This festival is not only for the Motu Koitabuans but for everyone." ■

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PARADISE Q&A

MEGAN WASHINGTON

The Australian singer-songwriter burst onto the music scene in 2010 with her debut album *I Believe You Liar*, explored various musical styles and turned her hand to writing screenplays and acting. *Paul Chai* talks to her about her early life living in Port Moresby and what she plans to do next in her career.

Q: How long were you in Port Moresby?

A: I was born in Port Moresby in 1986 and I left when my family left in 1996.

Q: What memories do you have of that time?

A: I have lots of great memories. My parents had a boat and kept a lot of animals, so my childhood was very rich and wonderful.

Q: Do you have a favourite part of PNG?

A: I've always loved Loloata Island. We used to take holidays there when I was a child.

Q: Do you have any favourite PNG artists?

A: I'm good friends with Ngaiire, and we've written some songs together.

Q: You are known for moving across a wide variety of genres, is there a style you feel affinity with? Or one you are keen to explore next?

A: I've always loved jazz, and musical theatre, but I've observed that as I get older, the music I like making seems to be getting simpler and more uncluttered. I'm appreciative of that trend.

Q: Your most recent album was a stripped version of *Hot Fuss* by the American rock band *The Killers*. What was the inspiration for that?

A: That project was born from plain old piano practice. When practising I enjoy breaking down songs that I like, to understand the mechanisms of other songwriters. I was doing just that with these songs and found that the lyrics really shone in a different light, without all the bombast of the band's sound. So, I recorded them.

“

I'm good friends with Ngaiire, and we've written some songs together.

”

Q: A generation of kids (in Australia) know you as a voice actor on the mega-hit cartoon *Bluey*. How did that come about?

A: I came to *Bluey* through a friend, who often asks me to be involved in shows he's making. I love when he calls, and I always say yes. He asked if I'd like to read for this



Australian songstress Megan Washington was born in Port Moresby “I have a lot of great memories,” she says, of the early years she spent in PNG.

cartoon dog family; I had no idea what a smash it would be.

Q: You have expressed an interest in acting before, do you have any more plans for working in voice acting or acting?

A: My partner and I have been writing and producing a feature film adaption of Paul Kelly's great song *How to Make Gravy*. I've been transitioning to screenwriting for a few years now, it's fun writing films. I'm not sure if I'll be in any, though.

Q: What is next musically for you?

A: I've written a new record ... it's a little bit country. I'm excited to release it this year. ■





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The journey continues

It's a long way across the oceans from Basilaki island to Vancouver, London and Berlin. But not for epic voyager Sanakoli John, who's on a mission to help save the Pacific and its traditional culture.

The fisherman from Milne Bay was lead sailor six years ago on the first recorded circumnavigation of New Guinea in a traditional sailing canoe.

The 6300-kilometre journey boosted interest in PNG's ancient culture. News of the 13-month expedition spread internationally and prompted the master seafarer to launch Pasana Group, PNG's first canoe building school.

As co-founder, Sanakoli was invited to join hundreds of scientists, traditional groups



Sanakoli John in Berlin (this picture) and in the cold of Vancouver (opposite page).

PICTURES: THOR JENSEN & MIMI GEORGE

and organisations meeting in Vancouver in February to conserve marine biodiversity and protect the Pacific's natural and cultural heritage.

"I was so excited when I arrived," he says. "The first night was very cold. In the morning I put on five shirts and a coat.

"However, it was very inspiring to meet other indigenous leaders. I got new tools to run a group and communicate with other organisations. Everyone wants to start reviving their culture."

How to protect oceans from deep-sea mining was also a main concern in Vancouver

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at the International Marine Protected Areas Congress (IMPAC).

Ironically, efforts to wean the world off polluting fossil fuels have raised threats to marine environments and cultures. The demand for undersea minerals sought by battery makers and other technology manufacturers has also increased.

“I talked about our traditional connection with the ocean and how canoes can help youth live in a sustainable way,” says Sanakoli.

From the time he could walk, Sanakoli virtually lived in a *sailau* – the traditional sailing canoe, used for fishing, transport and the ancient *kula* trade routes that connect the outer islands of Milne Bay.

He ended up travelling much further after a meeting with Danish explorer, adventurer and filmmaker Thor F. Jensen.

With brother Justin John and friend Job Siyae, the four embarked on their historic voyage, powered only by paddle and wind in a nine-metre canoe.

The *Tawali Pasana* crew faced high seas, treacherous reefs, capsizes, crocodiles, pirate waters, Indonesian security and even testy ‘sea gods’ before returning in triumph to their Milne Bay starting point.

Then COVID-19 hit. Fuel prices skyrocketed in his maritime province and raised dinghy fares. Sanakoli and Justin saw a need for their people to regain knowledge of building and sailing canoes.

“When you have a canoe, you can go fishing and travel for free to the market,” he says. You can support yourself.”

The canoe school’s growing success led to Sanakoli’s invitation to another conference, after he left Vancouver. Hosted by the prestigious National Maritime Museum in Greenwich, he joined a gathering of traditional Pacific navigators,

who shared their ancestral voyaging knowledge.

The journey continued in Berlin at the Te Ara Vaka Moana meeting, held as part of a movement to reactivate knowledge of ancient sea-going vessels and routes.

Sanakoli also reunited with his shipmate, Thor, who is distributing a documentary of their New Guinea voyage to film festivals around the world.

The campaign to save the Pacific will continue back home, says Sanakoli.

“From what I’ve seen and heard, I know we are lucky to still have beautiful reefs in PNG. But we must protect them before they disappear.” ■

– RICHARD ANDREWS




PNG's warm welcome for Australian PM

Australian Prime Minister Anthony Albanese was warmly welcomed to Papua New Guinea earlier this year by PNG's Prime Minister James Marape during a two-day visit that included talks on a variety of topics, including security, sport and economics.

The PMs (pictured) agreed to enter negotiations to expand the defence relationship between the two countries, and discussed boosting business ties, trade and investment.

They agreed to work together on developing potential new trade arrangements and expanding PNG's agricultural production.

The leaders also agreed to establish reciprocal schoolboys' and girls' rugby league tours, which will strengthen PNG's rugby league talent development pathways.



During the visit, Albanese delivered the first address by a foreign head of government to PNG's National Parliament.

The PMs then travelled to Wewak to visit the resting place of the late Grand Chief Sir Michael Somare.

Albanese said: "Our futures, just like our paths, are intertwined. We are connected. The stronger and more secure and more prosperous Papua New Guinea is, the stronger and more secure and prosperous Australia will be, and the same applies the other way around. Which is why there is no more important relationship (than) between Australia and Papua New Guinea.

"One of the honours of my life has been addressing the Parliament and then being here today (in Wewak) to pay my respects to a great person of humanity (Sir Michael Somare). A legend, not just in Papua New Guinea, but throughout the world for the leadership that he showed to create independence for Papua New Guinea." ■

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KIWIS KICK UP THEIR HEELS

The Kiwi Club of Port Moresby's most recent annual ball at the Hilton Hotel and Residences was a lively affair that attracted about 450 people.

"It is primarily a social event," says President Michael McKeown. "We have supported many charities over the years; however, we have now narrowed our focus to the Getaway Children's Fund and Cheshire disAbilities."

You don't have to be a Kiwi to join in the fun. McKeown says anyone can attend the ball (as long as they have purchased a ticket).



The ball was themed 'The Great Sights of New Zealand' and included prints around the ballroom that showed spectacular

Kiwi scenery and people at play, such as a photo of the All Blacks doing the haka. ■



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Mercure hotel opens in Cairns

Accor, the largest hotel operator in Australia, has opened a Mercure hotel in Cairns following a multi-million-dollar upgrade and rebrand of its Ibis Styles hotel in the Tropical North Queensland city.

The new hotel has 75 guestrooms, a pool deck, outdoor dining, and a new modern Australian restaurant – The Stanley – serving local produce.

Accor Pacific Chief Executive Officer, Sarah Derry, says: “We are delighted to open Mercure Cairns. Holding appeal for both leisure and business travellers, Mercure Cairns has been tailored

to suit travellers who value quality accommodation, incredible guest experiences, great dining and leading design.”

Located in the heart of Cairns, the hotel is two blocks from the Esplanade and across the road from Cairns Aquarium, Munro Martin Parklands and Cairns Performing Arts Centre. The night markets and food court, casino, reef fleet terminal and convention centre are just a short walk away. ■

See our story ‘72 hours in Cairns’ on Page 42.



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Free tours for visitors to Brisbane



“Brisbane is a fascinating place,” says Charlie, the guide on our Greeter’s Choice tour. “And I love meeting people on my tours, they’re usually on holiday and in a good mood.”

It’s a cheerful start to this tour of Brisbane highlights, provided free by the city council.

Charlie, a former financial adviser, leads us first into King George Square. Pointing to its statues, he tells the tale of Brisbane’s awkward start as a penal colony, which later welcomed free settlers.



The glamorous Brisbane Arcade.

We step into City Hall, built on a former swamp, to admire its marvellous 1920s interiors. Across the road is Brisbane Arcade with glamorous shops and leadlight windows.

A surprise off Queen Street is the Regent Theatre, a

former picture palace with an extravagant surviving foyer. Further along, Charlie points out the grand Treasury Building, a set of sculptures resembling mechanical kangaroos, and Burnett Lane with its street art and cafes.

Brisbane Greeters has a range of free tours, see brisbane.qld.gov.au/whats-on-in-brisbane/brisbane-greeter-tours. ■

– TIM RICHARDS



Air Niugini flies from Port Moresby to Brisbane eight times a week. See airniugini.com.pg.



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BIG PICTURE

TAKEN BY RON VAN DER STAPPEN

The photographer travelled from the Netherlands to Ambunti on the Sepik River to see the annual Crocodile Festival. "It is a colourful event held annually in August," he says. "It's a festival with a lot of dancing and singing, and crocodiles are an important part of it."





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



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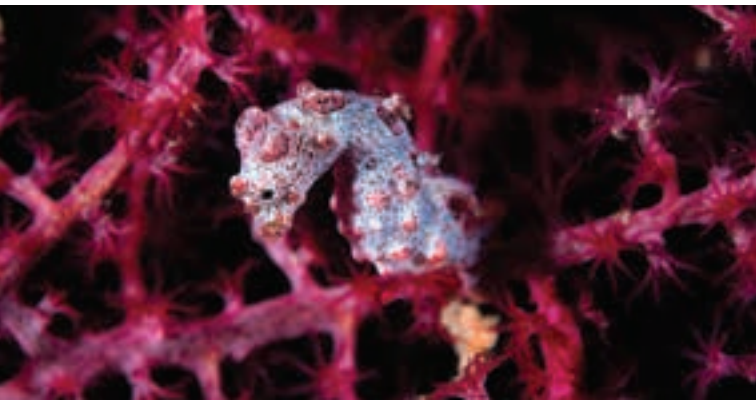
Papua New Guinea is famed for its diving and snorkelling. Situated in the Coral Triangle, PNG's clear waters are a marine diversity hotspot with more than 2000 colourful fish species and healthy coral reefs. Ship and plane wrecks from World War 2 are also to be seen, but that's another story. You can stay at specialist dive resorts such as Tawali, Tufi, Lissenung Island, Loloata Island and Walindi, which also offers liveaboard dive experiences on two luxury catamarans. Wherever you take the plunge, you're sure to find a vibrant kaleidoscope of colour. *Karen Ho* has provided these pictures and words.

UNDERWATER REVEAL

BOOTLESS BAY, NEAR PORT MORESBY

1 Suzie's Bommie is a 30-minute sail out of Bootless Bay with several large shoals of yellow-striped snapper, which provide a wonderful contrast against the dark-blue water. The 20-metre high bommie is also home to purple and pink sea fans. Some of the smallest residents at the bommie are hippocampus bargibanti. These pygmy seahorses have sizes of 1–3 centimetres. They cling to the coral with their tiny tails and mimic the colour of the coral for camouflage. Caution must be taken when you shine a torch or take photos of them with flashlights, as they have no eyelids. They will turn their heads away to avoid strong lights. Some of the bigger residents at this dive site are white-tip sharks, which rest on the sandy bottom.





HORSESHOE REEF, NEAR PORT MORESBY

2 The 65m MV *Pacific Gas* was sunk on the leeward side of Horseshoe Reef in the 1980s to provide an artificial reef. The impressive wreck sits at a depth of about 40 metres, with the shallowest part at 18 metres. Even though this means you will only have around 10–20 minutes to spend on the deeper side of the wreck without decompression stops, it is worth looking at the variety of marine life residing on her and swimming through the hold where the gigantic LPG tanks were once stored. Before the sinking, the tanks were removed and installed at Boral Gas facilities in Port Moresby and Lae. Interestingly, there had been plans for the ship to be beached at Ela Beach to be turned into a seafood restaurant, but town planners refused permission.



**BRADFORD SHOALS,
NEAR KIMBE**

3 Several sea mounts rise out of the deep water of the Bismarck Sea on the edge of Kimbe Bay. Some of the mounts rise from a depth of 1000 metres within 15 to 30 metres of the surface. The mounts provide a feeding station for some of the large pelagics, including barracuda, that reside in the depths. Sometimes, as this picture shows, the barracuda encircle divers who are hovering mid-water.



**BOMMIES ON THE
PAPUAN BARRIER REEF**

4 Goldman's sweetlips are found on countless bommies off the coast of Central Province. They gather in large groups to hunt or to queue up to be cleaned by the bright blue cleaner wrasse. In comparison to other fish near the top of the food chain, sweetlips are relatively docile and sometimes they can be approached within touching distance. Sometimes lone sweetlips can be found hiding in crevasses while they are getting a clean.



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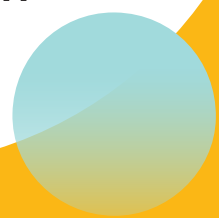
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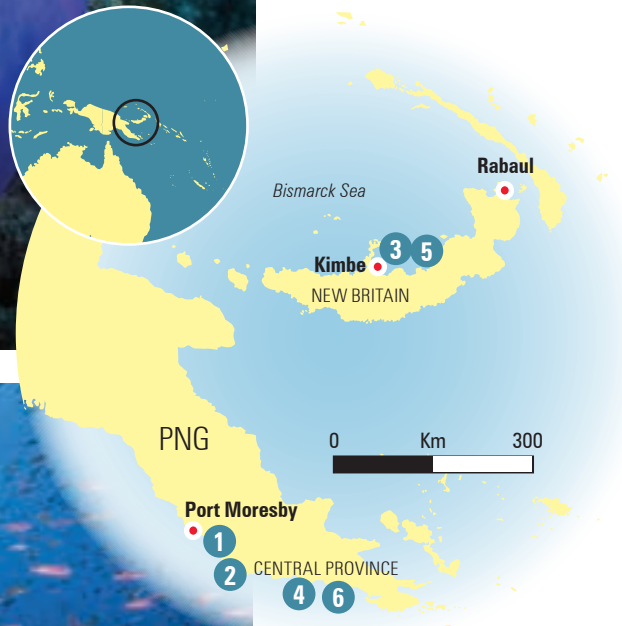
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KIMBE BAY REEFS

5 If you want to find Nemo, head out from Kimbe in West New Britain Province to the numerous virtually untouched reefs where anemone fish rest in colourful anemone. The anemone come in a variety of colours, including purple, red and orange. If you inspect the anemone closer, you may find porcelain crabs and cleaner shrimps dancing around the tentacles.



SOUTH COAST OF PNG

6 For a colour explosion, you can't go wrong on the fringing reefs of PNG's south coast where the fish colonies are sometimes so big that they dominate the entire view. Anthias and snapper are particularly photogenic as they are not camera shy.





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PICTURES: TIANA REIMANN

WHERE THE BIG FISH

Anglers from around the world travel to remote Baia Sportfishing Lodge to catch the legendary Papuan black bass.

They are regarded as one of the strongest freshwater fish species on the planet, and they are found right here in Papua New Guinea. The elusive Papuan black bass and spot-tail bass are the ultimate predatory fish in PNG's wild rivers. Their wide pectoral fins are designed for swift turns, their large golden eyes can observe slight movements, their wide mouths allow them to eat large prey like snakes, birds and rats, and their wide tails enable them to pull lines with sheer power.

Anglers from all over the world visit Baia Sportfishing Lodge on New Britain Island to catch these legendary fish and to see the incredible scenery and rich culture of the area.

Riccard Reimann started the lodge in 2004 as one of the premier black bass fishing operations in PNG. Nineteen years later, Baia Sportfishing has attracted thousands of anglers and adventure seekers to PNG.

The lodge, staffed by locals from nearby Baia village, has all the comforts that you would expect in a five-star eco lodge.

Meals include locally grown vegetables and freshly caught seafood cooked in local, Western and Asian styles.

There are four main river systems near the lodge. Each has an *Avatar*-like environment that is home to not only the black bass and spot-tail bass, but also mangrove jacks, Maori sea perch, tarpon and many more tropical species. ➤

Baia Sportfishing Lodge on New Britain Island (main); a Papuan black bass (top); the luxurious *Ultimate One* takes anglers to secluded islands (left).



BITE





“

There are four main river systems near the lodge. Each has an *Avatar*-like environment.

”





Volcanoes and jungle, part of the wild landscape near Baia Sportfishing Lodge (main); a New Britain dance group (left); spot-tail bass (top); a mangrove jack (top middle); a spot-tail bass (above).

Blue-water fishing is also an option, with reefs not far from the shore. The lodge has a luxury 72ft vessel, *MV Ultimate One*, that is used to explore the more secluded rivers and reefs in the region. Some of the places visited so far include Emirau Island, Siassi Region, Gloucester, New Hanover and the Witu Islands. This year, Baia Sportfishing plans to add more destinations.

You don't need to be a hardcore fisherperson to visit the lodge. Non-fishing activities include snorkelling and kayaking from the beachfront, or take a five-minute walk to a village to see the local way of living. At a small creek and waterfall 10 minutes from the lodge, parrots, hornbills and blue-eyed cockatoos fill the jungle with birdsong.

Visitors to the lodge can fly from Port Moresby to Hoskins Airport on New Britain Island with Air Niugini.

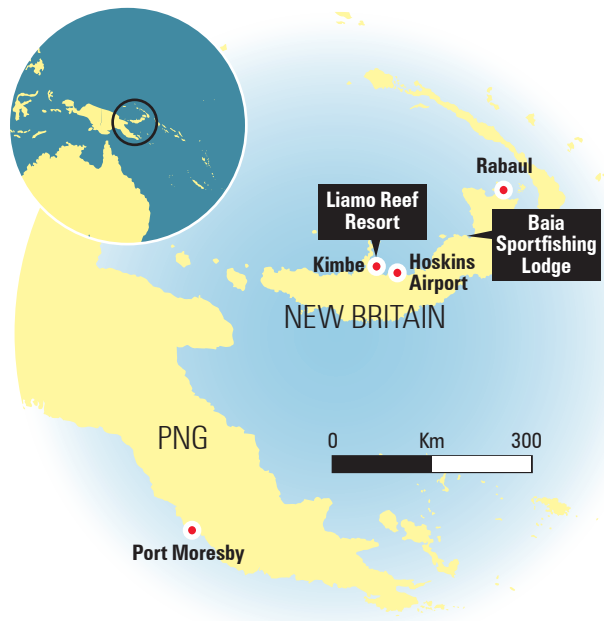
The lodge has a package that includes two nights at Liamo Reef Resort, and five or more nights at Baia Sportfishing Lodge.

The first and last nights of the package are at Liamo Reef Resort, in the heart of Kimbe town (bus transfers are provided).

After the first night, guests are transferred to Baia Sportfishing Lodge on a 4.5-hour boat trip along the New Britain coastline.

There are lush rainforests, high mountain ranges, atolls and active volcanoes to see. Sometimes, pods of dolphins and whales are seen. ■

See baiafishingpng.com.



 **Air Niugini flies from Port Moresby to Hoskins Airport daily. There are same-day connections to Hoskins, via Port Moresby, from Brisbane and Cairns. See airniugini.com.pg.**



MY PNG

BY LEMACH LAVARI

Pain and pleasure on Kokoda

After just one day on PNG's most famous trek, our writer is so sore that he questions whether he'll make it to the end.

Doing the Kokoda Trail for the first time was one of the toughest physical activities I'd ever taken on. I was accompanied by five friends and a group leader. Of the five, two were experienced local guides and one of them wore flip-flops the whole way. The rest of us were newbies to the trail.

We started at Owers Corner in Central Province and planned to complete the trek in five days. I would later learn that starting at Owers Corner is more challenging because it has tougher climbs. For newbies like myself, it's recommended to start the trek in Oro Province.

The trail is 96 kilometres and passes through the Owen Stanley Range. Its highest point is a muddy section of trail 2100 metres above sea level, tucked under the peak of Mount Bellamy.

We had prepared for about three months but, even then, at the end of the first day, I was questioning whether I trained well enough to endure the rest of the journey because my body was sore, and it felt like I had torn every muscle.

"How far is it?" "Are we there yet?" They were the two questions I soon stopped asking the guides because their answers would stretch the truth. "About 30 minutes away," they'd say, which turned into another two hours.

Or they'd tell us "it's a small climb," which translated into us fighting for our lives up the side of a ridge. We jokingly called it 'Kokoda Lingo'.

Some of the camp sites were so far apart that we would start at 4am each day and walk for 14 hours to try to make the next camp before nightfall.

Bathing in the cold streams and rivers



PICTURES: EZEKIEL SAPE

Writer Lemach Lavari (second from left) with his trekking companions.

“
One of the guides wore
flip-flops the whole way.

”

each evening was like taking an ice bath, but the ice-cold water relaxed and rejuvenated our bodies. It was bliss to then change into warm and dry clothing from my rucksack and to have the kettle brewing over the fire in the fading light.

I thought about the soldiers who fought along the trail, some much younger than myself, and my respect for the significance



of the trail grew deeper. As much as it was physically tiring, and as much as my mental state was coming into question, the trail can truly be a spiritual awakening.

The size and density of the rainforest, the rugged terrain and the remoteness were intimidating at times. The risk of serious injury was real and the fear of it kept me alert.

By the third day my body was used to the pain, and I started taking in the spectacular views more. I noticed and appreciated the towering trees, the thick forest air and the clean freshwater streams.

For me, experiencing this natural environment and meeting the locals of the remote communities along the trail were the best part.

I noted that the people in the Koiari villages in Central Province were Seventh Day Adventists and in many of these villages they had signs asking trekkers not to bring in and consume anything 'unclean'



Trekkers trudge up a big hill away from Alola village (in the background) towards Isurava.

– specifically alcohol, cigarettes and betelnut.

The trail serves as a way for locals to earn an income by being porters, providing accommodation for trekkers, and selling food and artefacts. One of the best treats I bought along the way was the sweet and refreshing sugar cane at Manari.

Our last night was at Isurava, where we paid our respects to those who fought in the Kokoda Campaign.

On Independence Day, September 16, we finished the trek. "Oro Kaiva. Oro Kaiva. Ol Pikinini. Happy independence lo yupla," a woman said as we approached the famous arches that mark the end of the trail. ■

'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.



Papua New Guinea proudly remembers the **80th Anniversary of the WWII New Guinea Campaign**, January 1942 to August 1945.

The Tourism Promotion Authority partners with Air Niugini to commemorate the **Kokoda 80th Anniversary, 1942 - 2022** with the extended-stay **AU\$80 Dollar One-way Airfare Promotion for all Kokoda Trekkers**. Scan the QR code below or call Air Niugini toll free: 180 2121 or +675 327 3364



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72 HOURS IN CAIRNS

BY FIONA HARPER

What to see, where to go and where to stay in the tropical Queensland city.

The tropical city of Cairns is well known as the gateway to splendid World Heritage icons, the Great Barrier Reef and Wet Tropics Rainforest. But there is so much more to this tropical city, which is one of Air Niugini's major international destinations.

We're talking uber-cool rooftop bars that make the most of balmy tropical evenings, wildlife you won't see anywhere else, hiking and mountain bike trails that rival the world's best, along with Indigenous cultural tours. Did we mention you can tuck into fresh-caught seafood on an authentic fishing boat?

DAY ONE EVENING

After arriving at Cairns International Airport, check into your hotel and visit the Cairns Esplanade and adjacent boardwalk for alfresco dining at its best. This popular waterfront area is the city's beating heart, and it underwent a \$A28 million upgrade during the COVID-19 pandemic.

Extended dining areas spread out across pavements and are softened with lush vertical gardens to add to the already abundant landscaped parklands interwoven with pedestrian paths. The whole area has a lively vibe from dawn to well after dark.

Choose from elegant restaurants like Dundees on the Waterfront or Boatshed, pub-style eateries like Bavarian Beerhouse, or Rattle 'n Hum, Asian spiciness at Iyara by Sakare, or classic Italian at Villa Romana.

DAY TWO MORNING

Start your day with an early morning visit to Rusty's Markets to pick up road trip supplies like tropical fruits and vegetables, fresh-baked bread or pastries, deli items along with coffee and breakfast at one of the market cafes.

Hire a vehicle and take an Atherton Tablelands road trip circle route, taking the ➤





PICTURES: TOURISM TROPICAL NORTH QUEENSLAND

“

The city’s quirkiest eatery is Prawn Star, where you sit down to shared tables on a fishing trawler and dine on fresh-caught local seafood.

”



Seafood dining on the Prawn Star in Cairns (main); the town’s Esplanade stretches along the coast (above); fresh-baked treats from Rusty’s Market (left).





Gillies Range Highway in one direction and the Kuranda Range Highway in the other to enjoy the very best of the high country west of Cairns.

Rolling hills dotted with dairy farms, orchards and plantations, tropical rainforest, quirky towns and crystal-clear crater lakes are just some of the attractions.

DAY TWO AFTERNOON

Don't miss the town of Yungaburra set on the leafy shores of Lake Tinaroo with its lively weekend markets, an historic hotel and the spectacular Curtain Fig Tree a few minutes out of town.

Look for Lumholtz tree kangaroos along the rainforest walk at Malanda or at Nerada Tea Plantation, or spot brolga and magpie geese from the two-storey bird hide at Hasties Swamp. Keep an eye out, too, for southern cassowaries, which inhabit rainforest pockets on the Tablelands.

Hire a mountain bike to ride the Atherton Forest Mountain Bike Park, stretch your legs on lakeside trails at Lake Eacham or the Rainforest Circuit and linger over Devonshire tea at Lake Barrine Teahouse.

DAY TWO EVENING

Take in the twilight high above the city at one of Cairns, rooftop bars and restaurants. Oak & Vine's rooftop bar is the newest elevated kid on the block, with its views across the lagoon and beyond to the Coral Sea.

Order a cocktail from award-winning bartenders at Whiskey & Wine at Crystalbrook Flynn or claim an alfresco table and dine on tapas-style menus at Rocco at Crystalbrook Riley while savouring the ocean and mountain views.

DAY THREE MORNING & AFTERNOON

See the Torres Strait where over 250 islands straddle the sea between Cape York and Papua New Guinea's south coast.

A day tour with Straits Experience has been created by traditional owners to showcase local Indigenous people's intrinsic connection to country linking back 60,000 years.

The tour visits both Thursday (Waiben) and Horn (Ngarupai) Islands. A song and dance performance precedes an island-style feast

Outdoor drinks and food at Whiskey & Wine (top left); the Esplanade Lagoon (above); Torres Strait locals (top right); mountain biking through the forest (below).





featuring fresh-caught seafood and local delicacies. Take in the coastal scenery of Cape York Peninsula as you return to Cairns around dusk.

DAY THREE EVENING

After a full day touring the Torres Strait, visit the Cairns Night Markets and pick up souvenirs or gifts to take home, or relax with a massage at one of the pop-up massage stalls.

Sit down for a casual meal in the food court or wander along the waterfront to the city’s quirkiest eatery, Prawn Star, where you sit down to shared tables on a fishing trawler and dine on fresh-caught local seafood. It’s not fine dining, nor is it fancy (in fact it can get quite messy as it’s an authentic fishing boat after all), but it is great fun.

DAY FOUR MORNING

Rise early, put on your swimsuit or exercise gear and head to the Esplanade Lagoon for a gentle free exercise class amidst waterfront parklands. Choose from Aqua Zumba classes in the freeform swimming pool, or Zumba Fitness in the park, Sahaja yoga meditation

or pilates (afternoon sessions include rock bouldering and beach volleyball).

DAY FOUR AFTERNOON

Linger over lunch at some of the city’s favourite eateries. Try Perrotta’s at the Gallery (take time to wander through Cairns Regional Gallery next door), Salthouse for its marina-front location and snappy vibe, Hemingway’s for house-brewed beer and a quality pub-style menu, or Ganbaranba if Japanese noodles and ramen take your fancy.

Later, if time permits before returning to Cairns Airport, take a guided walking tour with Cairns Urban Walking Tours. Choose from a Hipster & Street Art tour, which explores Cairns, influential hipster culture, street art and vintage stores, or dive into the city’s intriguing past on a Cairns History Tour, which explores traditional owners’ connection to Country, along with more recent European early settler history.

 **Air Niugini flies from Port Moresby to Cairns seven times a week. See airniugini.com.pg.**

PLACES TO STAY

Cairns Colonial Club Resort
Budget resort-style hotel – starting from about PGK300 (\$A126) per room per night. cairnscolonialclub.com.au

Doubletree by Hilton
Great location close to Esplanade – starting from about PGK460 (\$A188) per room per night. hilton.com/en/hotels/cnsdcdi-doubletree-cairns

Novotel Cairns Oasis
Superb lagoon-style swimming pool – starting from about PGK560 (\$A230) per room per night. novotelcairnresort.com.au

Crystalbrook Riley
Luxuriously modern with a sustainable ethos – rooms starting from about PGK720 (\$A293), suites from about PGK1900 (\$A788). crystalbrookcollection.com/riley



KNOW THY NEIGHBOUR: TIMOR-LESTE



PICTURES: JOHN BORTHWICK

Where is it?

The Democratic Republic of Timor-Leste (formerly East Timor) occupies the eastern half of Timor Island in the Indonesian archipelago. It is 2100 kilometres west of Port Moresby at roughly the same latitude. The capital, Dili, (population 250,000) faces the Sunda Sea on the island's north coast. Timor-Leste is pronounced *Timor Les-tay*.

What language do they speak?

The country's four main languages reflect a long history of colonisation or occupation. The two official languages are the local language, Tetum, and Portuguese, while English is increasingly common as a working language and Bahasa Indonesia less so.

What is Timor-Leste's history?

Timor Island was controlled for centuries by colonial powers, the Dutch to the west and Portuguese to the east. Japanese troops occupied the island during World War 2. West Timor has long been part of Indonesia. Portugal's rule (1769–1975) over East Timor was followed by a quarter of a century of harsh Indonesian occupation. Having endured often-

brutal domination by others, Timor-Leste's people voted overwhelmingly for independence in 1999 and in 2002 they finally achieved nationhood.

What's there for visitors?

'Explore the undiscovered' is the country's tourism tagline. Marine tourism is a strong drawcard, with the waters off Atuario Island north of Dili having reefs described as "among the least explored and most ecologically diverse" in the world. Agritourism, especially coffee tourism, is growing thanks to sophisticated marketing of the unique local coffee strain, *hybrido de Timor*. The best time to visit is dry season, May to November.

What is the currency?

This is a predominantly cash economy using US dollars. Visitors should bring US currency in \$20, \$10 and \$5 denominations. Don't rely on cards and when arriving be sure to have \$40 cash ready for the visa; other currencies are not accepted.

What are the highlights in Dili?

Dili's main icon, the dramatic, 27-metre statue, *Cristo Rei* (Christ the King), dominates the

harbour's eastern headland. Five-hundred and seventy steps lead to its platform, which allows spectacular sunrise views. Just beyond here is a pristine beach with excellent reef snorkelling. Along Dili's sweeping seafront boulevard, Avenida de Portugal (Beach Road), there are foreign embassies, cafes, churches and civic structures such as the Palácio do Governo and Farol lighthouse. Popular Areia Branca (White Sand) beach, east of town on the same road, has good swimming, shade trees and restaurants.

Anything unusual?

Timor-Leste is the world's second-newest nation (South Sudan became the most recent in 2011) and the only country in Asia located completely in the Southern Hemisphere. Its population of 1.34 million people is 99.5 percent Christian. ■

'Know Thy Neighbour' is a column that puts the focus on a country near Papua New Guinea.





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HOTEL REVIEW: QTQT, GOLD COAST, AUSTRALIA

Tel +61 7 5584 1299, see qtqtgoldcoast.com

WHAT IS IT? A unique new premium accommodation concept filling a formerly vacant open-air space on the second floor of QT Gold Coast’s existing resort tower. This new five-star precinct, called qtQT to differentiate it from the rest of the QT hotel, offers six luxurious two-person ‘tiny’ cabins flanked by manicured gardens.

WHO STAYS? Couples, groups, beach lovers.

HOW BIG? QT Gold Coast has 297 rooms and the six cabins in the qtQT section

COST About PGK893 a night.

CHECK IN 2pm

CHECK OUT 11am

HIGHLIGHTS Magnificent tropical sunsets while you enjoy pre-dinner cocktails served by the gas firepit as private chefs devote themselves to creating a divine gourmet dinner.

NEARBY Brisbane International Airport is just under an hour away. Once at the hotel, it’s a mere few minutes’ stroll to the glorious two-kilometre stretch of golden sand known as Surfers Paradise, one of the most famous beaches in Australia.

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



LOCATION

This (almost beachside) hotel between Surfers Paradise beach and the Nerang River is the perfect place from which to explore major Gold Coast attractions starting with the renowned Cavill Avenue and Cavill Mall shops, restaurants, bars and nightclubs. The Gold Coast is also home to Australia’s tallest building, Q1. Get a bird’s-eye view of your spectacular surrounds from its 233-metre high SkyPoint Observation deck. Back on the ground, it’s just one block from the hotel to The Esplanade, where beachfront restaurants flank a four-kilometre walking/jogging/biking path that runs alongside the sparkling Pacific Ocean, with picnic tables, fitness stations and drinking fountains.

THE PLACE

Cleverly designed to exude an air of being miles from nowhere, the qtQT’s elite urban paradise consists of six rooftop cabins, firepit and an open kitchen. After check-in, qtQT guests are whisked up to a second-floor private corridor leading to the exclusive precinct. Glass doors swing open onto the landscaped terrace and the relaxing sight of meandering pathways,

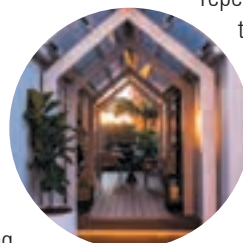
garden beds and bright green lawn flanked by the cabins.

ROOMS

Relaxation levels rise even further when you step inside your cute 2.15m x 7.3m cabin. At one end is a raised queen bed beneath a full-length window overlooking the tops of tropical palms cleverly planted to obscure surrounding buildings. The cabin’s interior colour palette is a mix of earthy tones. Whisper quiet, with no TV, there are board games, a plush cushion-covered sofa and a sideboard with jars of tasty treats plus a well-stocked bar fridge. Touches like a Dyson hairdryer and designer glasses dial up the luxe atmosphere as does the hanging chair on the balcony outside.

FOOD AND DRINK

When a private chef is involved, your wish is their command. On the night we visit, their repertoire is on full display from prime rib to freshly caught fish, slow-cooked lamb and an irresistible truffle butter. Also highly recommended is the QT Gold Coast’s Yamagen restaurant on the ground floor: here the sushi is equally exceptional as the selection of rare Japanese whiskey, said to be the largest in Queensland.



HOTEL REVIEW: THE STANLEY, PORT MORESBY

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WHO STAYS? Business travellers, diplomats, transiting tourists.

HOW BIG? 400 rooms over 18 floors.

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CHECK IN 2pm

CHECK OUT 11am

HIGHLIGHTS With walls covered in colourful artworks celebrating Singapore's Peranakan (Straits Chinese) culture, traditional tiles and rooms full of ceramics, you are surrounded by South-East Asian culture.

NEARBY Located in Waigani, the property is connected to Port Moresby's only integrated shopping complex, Vision City Mega Mall, with direct access to a bank, nightclub, cinema, supermarket and several restaurants. Access is via a dedicated doorway from the hotel.

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



PICTURES: RODERICK EIME & SUPPLIED BY HOTEL

LOCATION

The suburb of Waigani is the parliamentary precinct, full of embassies and the machinery of government. The National Museum, Arts Theatre, Supreme Court and Royal Port Moresby Golf Club are all very handy. The hotel overlooks the Sir John Guise Stadium and adjoins Vision City Mega Mall. Waigani Market, a traditional open-air produce market, is a short drive away.

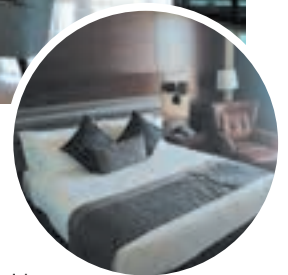
THE PLACE

If the Stanley feels familiar it's because it follows a design theme popular in South-East Asia, particularly Malaysia. The entrance lobby is a shiny, cavernous space, gleaming with polished marble with a neat coffee nook, the Rainforest Cafe to the side, and a large and very popular restaurant, the Green Haus, located just past reception and a large 3D Tribal Frieze by Di Emme Design. The plush Executive Club and the smart Silver Leaf fine-dining restaurant are on level 19. You'll find The Mezz cocktail bar there, too, with expansive views over the neighbourhood.

ROOMS

Regular rooms are above average size, at 32 square metres for the standard, right up to 68 square metres for the corner suite. In anticipation of longer stayers and dignitaries, The Stanley has both one- and two-bedroom apartments as well as a whopping 340 square metres Presidential Suite and a smaller (110sqm)

Junior (Vice) Presidential Suite. Regular guests still enjoy all the features of a full-service hotel with free Wi-Fi, LED TV, minibar, ironing board and room service. Floor-to-ceiling windows fill the room with natural light and offer great views no matter what side of the building you're on.



FOOD AND DRINK

You really need not venture out at all with the range of eateries within the walls of The Stanley. The Silver Leaf fine-dining restaurant is certainly raising eyebrows (in a good way) in POM and adding a new level to the local dining scene, but it seems the 160-seat casual Green Haus on the ground floor is the real scene stealer. The buffet-style restaurant is packed with locals and ex-pats every weekend.

WHAT GUESTS LIKE

"Stayed here for a short stay in Port Moresby and was impressed by the quality. The Corner Suite had great views over Sir John Guise stadium and surrounding hills. The Executive Lounge breakfasts were very good, with buffet or a la carte style service. The local PNG coffee is good. Location is good for access to Vision City Mega Mall and walking distance to many other services. Clean, comfortable and great service." – TripAdvisor



TIME TRAVELLER

Tabari Place, Boroko, 1970s

This shopping precinct was the place to be in the 70s. Among the shops, there were two big supermarkets – Steamships & Burns Philp – a bank, Seeto Kui for electronics, the Green Jade Chinese restaurant, Pinocchio’s coffee shop, the Boroko post office, Sapphire Smallgoods and host of smaller shops.

Chapman’s Pharmacy (at the right of the photo) was the first employer of the now Sir Mahesh Patel, who went on to form the large City Pharmacy Limited Group (CPL).

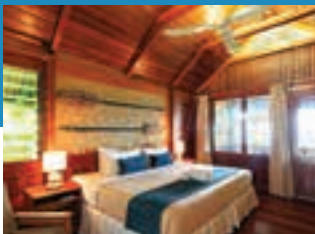
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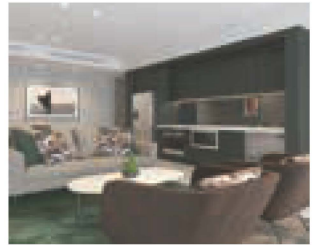
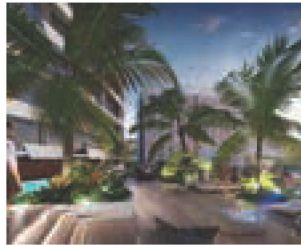
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John Brooksbank is among the guests at a traditional village wedding.

MARRIAGE.

The rhythmic beat of *kundu* drums and the chants of dancers fill the air. The thick grass skirts of the dancers sway from side to side. We are in the middle of the biggest marriage ceremony the village has seen for many years.

Outside the bride's parents' house, enormous amounts of food contributions are displayed on racks, or *eva*, up to four metres high. Bunches of green bananas hang from the racks above piles of coconuts, yams and taro on the ground.

Topping off the display is the *kanakana* – contributions of aluminium pots, plastic kitchen utensils and woven mats. Also prominent are piles of store-bought rice, flour and sugar, probably already weighing many tonnes, as village passenger trucks continue to arrive, bringing further contributions of foodstuffs from friends and relatives of the groom.

The atmosphere here in Madai, a suburb of Hanuabada in Port Moresby, is intense. There is a buzz of excitement felt by all present, which includes invited guests, participating clan members and crowds of interested onlookers from elsewhere in the large village.

The occasional squealing of pigs, unhappy at being transported on poles to their place of execution and cooking, adds to the atmosphere.

Madai is at the inner edge of the village, away from the shore. It is next to Badihagwa Technical Secondary School and the overgrown and unloved colonial cemetery, once upon a time sited well away from village housing.

Different family groups, distinguished by similarly patterned *meri* blouses and shirts, ►



Poles with *toea* shells and other items are part of the colourful display at this wedding in Hanuabada.



PNG STYLE



Bunches of bananas hang from racks at the wedding (above); the bride Ruby and her two daughters with headdresses made of kina banknotes (left).

PICTURES: JOSHUA COUGHRAN & SHEENA HUGHES



“

The marriage of a first-born son is an extra-special event, and this one had been some years in the planning.

”

are busy with their allotted tasks – cooking food, tying *toea* shells and *bilums* and other items to poles, ready to display, or preparing for traditional dances from their village area.

Hanuabada, meaning ‘big village’ in Motu, and living up to its name, is like other coastal villages in Central Province, being renowned for hosting expansive and expensive marriage ceremonies. Over the years, traditional objects of value have been partly replaced by money and other valuables, such as cars and white goods, in such ceremonies.

Today we have been invited to witness the ceremony of Ruby and Ua, the first-born son of Sir Moi Avei from Boera village, a few kilometres outside Port Moresby. As is common practice, Ruby and Ua have been married for some years and the union has produced a number of children. The marriage of a first-born son is an extra-special event, and this one has been some years in the planning.

The underlying rationale behind the marriage ceremony is to cement the relationship between the families and clans of the bride and groom through the exchange of gifts.

The day-long ceremony consists of various phases. One of the most important is the traditional display of food on the racks, followed by *kuku heni*, which involves the groom’s aunts visiting the bride’s parents’ home. The next phase is *aivara*, the display of *toea* shells contributed by individual families. The final phase occurs when the traditionally dressed bride is accompanied on a walk by the groom’s clan members.

In this instance – and indicative of how Papua New Guinea has developed in the decades since Independence with inter-provincial movement of people for education and work – today’s ceremony is not just between clans of the bride’s and groom’s villages. ➤



Traditional dances (above) and the gifting of *toea* shells (left) are part of the wedding ceremony.





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Although Sir Moi is from Boera village, Ua's mother is from Hula, a few hundred kilometres down the coast, south-east of Port Moresby. Similarly mixed, the parents of Ruby are from Hanuabada and Gabadi.

Even though they speak different languages, a commonality in the marriage is that all direct family links are from somewhere in Central Province. Here, cultures have certain similarities, so that the underlying rationale of reciprocity in marriage ceremony exchanges is maintained.

Given the complex network of marriage connections, it is possible for someone to be linked to both sides of a union; he or she would be obliged to contribute towards the marriage exchange goods and they would receive a share of these as well.

This Papua New Guinean version of 'blended families' means that community clan groups from both sides of the union are involved in various aspects of the ceremony, and the population of the already large village of Hanuabada is temporarily swelled with visitors from these areas.

Adding to the complexity of the occasion, other members of the extended families of the bride and groom feel obliged to attend the ceremony. Today, this includes a group of women from North Solomons, and some fiercely painted brave young Tolai men who perform a whip dance.

In the whip dance, the arms and legs are whipped with lengths of thin tree saplings. Each impact makes a scarily piercing whip-crack sound, while the dancers' faces remain stoic and unmoving.

A vital aspect of any marriage exchange is the accounting – most important given the reciprocal nature of such events. The groom's family records who and what has been contributed and similarly the bride's side records goods received. These accounts are essential family information when the next marriage or compensation event takes place.

One might think that if a family only has sons, they would be permanently in debt to their relatives for marriage exchange contributions and, vice-versa, that families with only daughters would be the richest in the village. But that's not the case.

Life is much more complicated, since extended families have many members and 'what goes around comes around'; the money, toea shells and other material goods circulate in a village economy between related communities.

Within the marriage itself there is also reciprocity. Although most obvious is the transfer of huge amounts of foodstuffs and material goods from the groom's relatives to welcome the bride formally into the family, there is also the reverse gifting by the bride's family, as a gesture of their acceptance of the union, called *hetu*.

Hetu usually consists of foodstuffs given to the groom's family and other household goods to the married couple to assist them in married life. These goods often include toasters, washing machines and kitchen equipment.

In the marriage of Ua's younger brother, the cash component of the marriage ceremony was PGK300,000, in addition to the *toea* shells and foodstuffs. In that marriage, the bride's mother, as



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The bride, Ruby, has her face painted.

part of *hetu* contributions, gifted the marriage partners household appliances and a Ford Ranger utility.

The contributions at today's ceremony are much greater (the cash component is PGK400,000) because Ua is the first-born son.

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The cash is not openly flaunted. Mostly it is in the *bilums* and woven baskets that have been handed over to the bride's family. However, in a final flourish, Ua's wife, Ruby, and her two daughters appear with conical headdresses of kina banknotes, each worth PGK5000, in place of what traditionally would have been a display of bird-of-paradise feathers.

Sir Moi, as family patriarch and principal organiser of the event, is a traditionalist who wants to show that the practices of the past are still alive and relevant today. As he says: "In today's ceremony, the *toea* are much more valuable than kina. Under the veneer of modernity, traditional social structures are still intact."

He is adamant that today it is the traditional aspects of marriage exchange that are prominent and witnessed. He points out that the huge contributions of agricultural produce are only possible because of the reciprocity of previous generations.

"The connections that resulted in these truckloads of bananas were established by my father and my grandfather many decades ago. That is how the process works."

Toea shells are a traditional source of wealth used in regional trade networks.

Traditionally in Motuan society, the main avenue to gain prestige was to organise the manufacture and sailing of a *lakatoi* canoe to participate in the annual Hiri trade journeys from the Port Moresby area to villages along the fringes of the river deltas of the Gulf of Papua.

The Hiri trade voyages stopped many decades ago and it is marriage exchange ceremonies that are now major events through which individuals can demonstrate their power and status.

Today, despite the heat, it's all about the spectacle; people are engrossed in the various phases of the day-long ceremony as they occur, just happy to be present. Some wear their best traditional finery, newest bird-of-paradise feathers or are just dressed as smartly as they would be to attend church. In some ways this is most appropriate.

It's a big ceremony for a big village, and one that will be remembered for many years to come. ■

Women come bearing gifts; dancers in traditional costume perform at the day-long wedding ceremony.



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30 THINGS

YOU MAY NOT KNOW ABOUT PNG

COMPILED BY RODERICK EIME

1 Where there are mountains, there are rivers and Papua New Guinea can surely boast about its dramatic waterways. The iconic Sepik River is 1150 kilometres long and is also the home to some of the most dramatic cultures, art and scenery anywhere in the country. The Fly River is marginally shorter at 1060 kilometres and the Strickland River 824 kilometres, making the Sepik the world's longest island river system.



PNG has the longest island river system in the world (left); adventurer/photographer Frank Hurley is believed to have flown the first aircraft in PNG in 1922 (below).



2 PNG is well known for its lush and important rainforest, but next to the huge Amazon basin and the forests of the Congo, PNG has the world's third largest, making PNG an important producer of the planet's life-giving oxygen and a CO₂ sink, as well as home to thousands of plant and animal species.

3 It is believed the first aircraft to fly in PNG were the two Short Shrimp seaplanes brought from Sydney by photographer/adventurer Frank Hurley for filming documentaries in 1922. He took aerial photos of Port Moresby and its surroundings before he flew to the tiny village of Kaimare in the Gulf of Papua, near the mouth of the Pie River.

4 Happy 50th birthday Air Niugini. Aviation has proved vital to the prosperity of PNG, with its impenetrable jungle and steep mountains. Air Niugini started flying in 1973 and has been connecting Papua New Guineans across the country ever since. The airline will celebrate its birthday later in the year and to coincide with the event *Paradise* will publish a special birthday issue, which will be in planes from November 1.

5 According to airports-list.com, of all the countries of the world with civil airports, both domestic and international, PNG ranks fourth with 380, behind Canada (542), Australia (615) and the US (2180). Just goes to show how popular – and necessary – aviation is in PNG.

6 In the first half of the 20th century, gold was discovered high in the Wahgi Valley, creating a gold rush in PNG. Nowadays, the two largest gold mines are Porgera (Enga Province) and Lihir (New Ireland Province) mines. PNG's mine reserves of gold of more than 1000 tonnes make it the 13th largest in the world. ➤



7 The late Hollywood heartthrob Errol Flynn, arrived in PNG in 1927 seeking his fortune in the goldfields of Edie Creek near Wau. Already a mischievous lad, Flynn continued his wicked ways, living by his charm, wits and fists, finally fleeing in 1933 with a bag of smuggled diamonds and a case of malaria.

8 Speaking of Hollywood, PNG was recently admitted to the prestigious Oscar Academy Awards in the US, meaning PNG filmmakers can now submit films of various categories for consideration of their excellence awards, specifically the international feature film category.

9 It was only about 12,000 years ago, at the end of the last ice age, that the land bridge between PNG and Australia was flooded. This explains how humans were able to walk to Australia via PNG and why marsupial animals like tree kangaroos and echidnas exist in PNG jungles. This also leads to the question ...



Hollywood actor Errol Flynn journeyed to PNG in 1927 to make his fortune on the goldfields.

10 Why are there monkeys in Indonesia and not in PNG? Because a deep-water trench existed for some 50 million years between Borneo and Sulawesi (Celebes), and through the Lombok Strait between Bali and Lombok. Now called the Wallace Line, it kept animal species from migrating between Indonesia and PNG, including monkeys and apes.

11 Despite the isolation, PNG is home to five percent of the world's biodiversity while covering just one percent of Earth's landmass. Hiding away in the unexplored jungles are more than 20,000 plant species and 750 species of birds, while in PNG seas are 800 species of coral and 600 species of fish. No wonder nature lovers flock to PNG.

12 New research by the University of Papua New Guinea shows villagers living at high altitudes are shorter, have higher lung capacity and smaller waistlines. While the thin air at altitude is a factor, diet also plays a part. ➤

3 bodies found in border area by patrol

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13 High in those same tropical mountains close to the equator, it is not unusual for snow to fall. PNG's highest mountain, Mount Wilhelm (4509m) is often covered in white.

14 While the bird of paradise is world famous, another unique PNG bird is less known. The hooded pitohui is possibly the world's only poisonous bird. The tiny birds, related to orioles, contain a powerful neurotoxin called homobatrachotoxin in their skin and feathers.

15 The raggiana bird of paradise is the national bird of PNG and features in silhouette on the national flag. It is considered sacred among many tribes. Birders from all over the world, including Sir David Attenborough, come to see it, but it is under threat from illegal trading, taxidermy and poaching.

16 PNG is crazy for rugby league and the national team is called the Kumuls, which means 'bird of paradise' in Tok Pisin.

17 When PNG was about to become independent in 1975, it was decided a new flag was needed. Susan Karike, a young schoolgirl from the Gulf Province, submitted a design that was accepted by all parties and became the national flag.

18 When it comes to multilingual countries, PNG wins hands down. Of the world's more than 7000 distinct languages, 839 are spoken in PNG. According to Ethnologue, the most authoritative resource on world languages, next is Indonesia with 712 but with a population 25 times that of PNG.

19 Ignoring political borders, the island of New Guinea at 821,400 square kilometres is the second largest in the world after Greenland at 2,166,086 square kilometres. For this comparison, Australia is considered a continent at 7,688,000 square kilometres.



The hooded pitohui, possibly the world's only poisonous bird, is found in PNG (top left); German reservists with local troops during the German-New Guinea era (above); agriculture in the Wahgi Valley (main); kulu trading gifts (left).



20 Because of PNG's mountainous terrain, it has one of the world's most sparse road networks. Less than 10,000 kilometres of roads, two-thirds of which are unpaved, means there are just 2 kilometres of roads per 100 square kilometres.

21 Between 1884 and 1914, the whole north-eastern region of the island was known as German New Guinea (Deutsch-Neu-Guinea) including some of the islands. That's why some of the old German names persist, such as the Bismarck Sea, New Hanover, Bulominski Highway and Mount Hagen.

22 What happened to the Germans? Well, in 1914, after the declaration of war, a ragtag Australian and New Zealand military detachment was hurriedly formed to oust the Germans from New Guinea. This led to the Battle of Bitia Paka, near Rabaul, on September 11, resulting in the defeat of the Germans and Australia's first military casualties of World War 1.

23 When people talk about military history in PNG, it almost always starts with the Kokoda Trail.

While Kokoda was vital, there were other more daunting tracks also being fought over, namely the Bulldog Track at the western end of the Owen Stanley Range as well as the Black Cat Track, running from Salamaua to Wau.

24 In many parts of PNG, she's the boss. Matrilineal societies, where women are the traditional custodians of the land, create a social power that endows them with a higher status in society, a rare thing in so many cultures. Prominent examples of these exist in Bougainville, East New Britain and Milne Bay provinces, particularly the Trobriand Islands.

25 It is widely believed among archaeologists that early Papuans were among the world's first agriculturalists, having discovered evidence of gardening from some 9000 years ago in the Western Highlands, specifically the Wahgi Valley at an archaeological site called Kuk, first excavated in the 1970s.

26 Milne Bay Province is the centre of the Kula Trading Ring, ostensibly a ceremonial exchange system that has grown over many years to become a major diplomatic and trading event that sees many hundreds of islanders travel great distances by specially adorned canoes to participate in the exciting proceedings.

27 The Mount Hagen and Goroka Shows were established by the Australian Government to divert tribal fighting into something less confrontational. Goroka was first in 1957, followed by Mount Hagen in 1961, and both have grown to become huge tourist drawcards for PNG. ►





PNG's Mount Tavurvur is one of the country's active volcanoes (above); the HMS *Basilisk*, which carried Captain John Moresby to PNG shores (right).

28 PNG is always going off. It is situated on the so-called Ring of Fire, a volcanic region around the perimeter of the Pacific Ocean dotted with active volcanoes. Those in PNG include Mount Ulawun, Kadovar Island and Mount Tavurvur, all of which have experienced serious eruptions in the last decade.

29 A British explorer named Captain John Moresby, Commander of *HMS Basilisk*, named the capital Port Moresby in 1873 after his father, Admiral Sir Fairfax Moresby, following a survey of the southeast area of New Guinea.



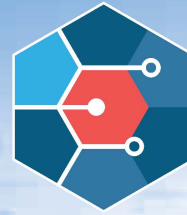
30 Shark calling is a PNG tradition of singing to sharks and catching them by hand. The shark callers sing the names of their ancestors and shake a coconut rattle to lure the sharks, in the belief that sharks carry the spirits of the ancestors. Shark calling is still practised on the west coast of New Ireland Province. ■

The writer wishes to thank expedition leader Suzanne Noakes, Justin Friend of Austronesian Expeditions and Bob Bates of Trans Niugini Tours for their input to this list.





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SCAN ME

FROM THE SEPIK TO

A lifelong connection to the land has helped Papua New Guinean Schola Aitora become a successful businesswoman in the Solomon Islands, writes *Belinda Jackson*.

Picking coffee berries and cocoa beans as a child on her family's land in Papua New Guinea's East Sepik Province, Schola Aitora (pictured centre) could never imagine her small efforts would take her across the oceans to the world of international agricultural exports.

Originally from the village of Saure, in Wewak, Aitora was a child

when her father died, and her extended family stepped in to help her mother raise her and her siblings.

"My aunty, who didn't have any children of her own, allocated a little section of her plantation in Yarinumbo for each of us to pick the coffee berries and cocoa pods, which we sold to the East Sepik Cocoa Growers," Aitora recalls.

"As a child, picking coffee and cocoa was just a game," she says.

"All through my childhood we did it, although even back then we knew it was a way we could earn a little bit of money for our high-school fees and necessities.

"Over time, I came to realise that it is agriculture that sustains us."

That respect for the land has stayed with Aitora, who has now spent over 40 years working to promote and sustain the Solomon Islands' agricultural industry, for the past seven years as the general manager of Solomon Islands Copra Exporters. ➤



THE SOLOMONS



“

As a child, picking coffee and cocoa was just a game. Over time, I came to realise that it is agriculture that sustains us.

”



PICTURE: FELIPE NAIGULEVU



But back to the start: building on her simple picking job, Aitora studied at the East Sepik College of Agriculture in Maprik, where she married her university sweetheart, David Bo'o Aitora, a fellow student from Makira Province in the Solomon Islands.

In 1986, she went with her husband back to his home in the Solomons, little realising what was ahead of her – Aitora has now spent four decades in her adopted country. But before she could succeed, she needed to communicate.

“When I first came to my husband’s village, the people said, ‘We’re scared of that white lady, we can’t talk to her’,” she recalls. “And they all ran away and hid from me.

“I realised I needed to learn their local language, and then learn to speak Solomon Pidgin.”

Her first job was as a field agriculture extension officer – a huge leap for a foreign woman working in a male-dominated field.

“My major challenge was to communicate with farmers, so I did my best to learn Solomon Pidgin (commonly known as Broken English),” she says.

“I now speak five languages – English, PNG pidgin, tok ples Saure, Solomon Pidgin and Arosi, which is the language spoken in my husband’s village in Makira.”

Later, moving their young family to the Solomons’ capital, Honiara, Aitora became the first produce inspector for the Solomon Islands’ Commodities Export Marketing Authority.

Today, aside from heading up Solomon Islands Copra Exporters, Aitora is on the board of the Solomon Islands Chamber of Commerce and Industry and chairlady for the Solomon Islands Coconut Industry Working Group.


She also chairs the Solomon Islands Market Access Working Group. The group is funded by the Australian and New Zealand governments to help small- and medium-scale enterprises in six Pacific countries – including the Solomons and PNG – to access domestic and international markets to aid economic growth and improve rural livelihoods.

Aitora last visited Port Moresby to see family in 2018 and returned to East Sepik for the first time last month, after a long break because of COVID.

“I gave birth to all my children in the Solomons, they grew up among the islanders here. So, when we go back home to our village in East Sepik, I find it a bit difficult for them to know my traditions, but I remind them that these are my customs, which you also need to respect.

“I’d say my children are three-quarters Solomon Islanders, but they love to tell people they are part PNG.

“As we say, Sepik blood is thicker than water.” ■

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PORT TERRACE, PORT MORESBY, RESTAURANT REVIEW

Based in the Crowne Plaza Residences development overlooking Town, Port Terrace Restaurant and Bar is one of the newer eateries in the capital and it has something to offer, no matter the time of day or day of the week.

Open for breakfast from 6.30am, it offers a wide range of breakfast options, from a full cooked Highlander Breakfast to toasted croissants and muesli.

The coffee is good, which draws the office workers down for meetings between mealtimes.

I chose to have lunch here and enjoyed a fresh Caesar salad with chicken, which was nicely done and well-presented. Others around me were tucking into burgers, fish and chips, and homemade pasta.

With its views across Port Moresby's beautiful harbour and the town skyline, Port Terrace is a great spot to watch the sun go down. Happy hour is between 5.30pm and 6.30pm and there are a range of cocktails on offer, including the aptly named Fairfax Sunset.

There's also live music on Friday and Saturday nights.

Port Terrace's broader dinner menu, which features lamb rack, lobster, salmon and Ramu steaks as well as regular specials, is complemented by mostly Australian and New Zealand wines. There's a decent spirits menu too if you're after a nightcap. The restaurant is also open all day at weekends and has a pikinini menu for those wanting to treat the family.

As *Paradise* was going to press, exciting new developments were in train for the restaurant. A new head chef, James Robinson, has been appointed with the promise of a revamped menu, and works were taking place outside to further improve the terrace.

Robinson has previously worked in kitchens across PNG as well as New Zealand, Australia, the Cook Islands and Vanuatu. ■



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WINE GURU

Q: Do all wines improve with age?

A: While it is true that ageing a wine – leaving it for years so that it improves in flavour – does work, bottles of wine are a bit like people: some age better than others. And the price that you pay for the bottle has very little to do with whether your wine will age well or not.

It is generally true that red wines age better than white wines. This is down to the presence of tannins, bitter compounds (also found in tea and chocolate) that act as antioxidants and help keep old wines fresh.

Red wines have higher acidity than white wines and this also helps them age better.

There are some white wines that are designed for ageing – German riesling, French chardonnay and sweet whites like sauternes – but most whites are best enjoyed young and fresh.

The other key factor in ageing is the quality of the wine. If a wine



is not complex or interesting to begin with, these things will not develop over time – ageing enhances the characteristics of a wine, it does not magically make bad wine good.

How you store a wine affects how well it ages. Your bottles should be stored between 12 degrees C and 14 degrees C, and this temperature should be consistent. Light can be an issue for stored wine, as UV rays can speed up the ageing process, and not always with good results.

The truth is that most wines are made to enjoy now or soon. Often the winemaker has aged a wine for a few years before release, and that is all it really needs.

But if you find a complex red, one that you love and think might benefit from ageing, treat it right and you may get a very pleasant surprise in a few years' time. ■

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Lae City players pose with their trophy (above); tense moments for Hekari United players during the penalty shoot-out (left).

CITY V UNITED THE SHOW ROLLS ON

Lemach Lavari looks at the two powerhouse teams in the NSL and asks 'why are they so good'?

The Lae City Football Club confirmed its dominance in Papua New Guinea National Soccer League (NSL) late last year, by claiming its seventh consecutive title.

City played Hekari United in the final at Port Moresby's Sir John Guise Stadium, winning a nail-biting penalty shoot-out after the teams were locked at 1-1 after full time.

United scored in the first half when Ati Kepo brilliantly evaded City's defenders in the goalmouth. City hit back in the second half when defender Alwin Komolong slotted a penalty goal.

Player of the match was United midfielder Yagi Yasasa. He was busy in attack, creating

multiple goal-scoring opportunities for his forwards.

City and United have played twice before in finals, in 2016 and 2019, with City winning each time.

In the NSL's 15 seasons, the competition has only been won by these two clubs. United won the first eight seasons, while City has won the last seven.

However, the NSL competition has not been equally contested over the years, with the number of participating clubs frequently fluctuating.

When the competition started, there were only five clubs, gradually increasing to a record

“

The consistency of City and United come down to their quality, on and off the field.

”

27 teams in 2018. That has now dropped back to 10 teams.

PNG football commentator Jeremy Mogi says the consistency of City and United come down to their quality, on and off the field.

“City have been back-to-back champion for seven years because of the club's quality, starting with the players of course, then the player management system the club has in place, which includes structured coaching, player development and attractive player payments. The culture they have created a winning mentality.

“United started off as POM Souths in the old Port Moresby Soccer Association (PMSA), around 2002. Under shrewd financial investment by Mr John and Mrs Vonnie Kapi Natto, they were able to build a truly professional squad (PNG's first),” Mogi says.

“United, from the get-go, did what City is doing now; it focused on the future. Not so much in youth development back then, but in raising the standard of football played in PNG to such a level where the team could compete internationally, and eventually succeeded, by becoming the first team outside of NZ and Australia to compete at the Club World Cup in 2010.”

Mogi believes the PNG Football Association (PNDFFA) can make the NSL more competitive.

He believes the PNGFA must focus on developing good players, ensuring coaches are equipped with the tools needed (such as coaching licenses and courses), upskilling referees, and increasing participation numbers with targeted marketing campaigns.

“It's also the responsibility of the clubs themselves by contributing to the growth of the game outside of their own player base,” he says. “Clubs should localise their support, which brings in more revenue and ultimately means more resources to better the competition.” ■





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Supercharge yourself with a good sleep

Scientists now know that because sleep helps regenerate so many processes in the body, a lack of it can lead to far more than general fatigue during the day.

Long-term sleep deprivation can lead to serious health problems including heart disease, depression, obesity and diabetes.

Sleep, for instance, affects the body's use of insulin, the hormone that regulates your blood sugar, or glucose. Our cells use glucose for energy and when we sleep seven or more hours each night it ensures that blood sugar remains regulated, an important factor in diabetes prevention.

How to guarantee a restful sleep has also attracted much research. Among leading tips is to banish all electronic devices from the bedroom and avoid looking at screens – smart phones, televisions, computers and the like – for at least a few hours before bed. Eating dinner a few hours prior, too, will help your body settle, as will avoiding caffeine and alcohol.

Meditation and relaxation exercises are also popular pre-sleep aids.

It may come as a surprise, but sleep deprivation is as impactful as intoxication. Much scientific research has gone into why this occurs, and it is now clear that when we are asleep our mind and body are recharged and restored. In fact, sleep rejuvenates virtually every system in the body. So how much do we need?

According to the National Sleep Foundation in the US, healthy adults require between seven and nine hours of sleep per night. Even more is required by babies, young children and teenagers as shut-eye is essential for their proper growth and development. Those aged over 65 years need seven to eight hours sleep, research shows.

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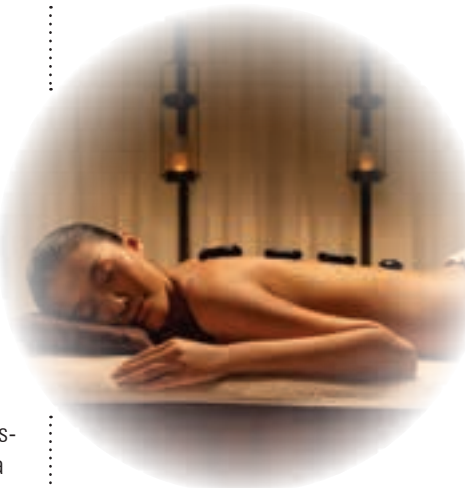
An enormous first-of-its-kind wellness city has just started taking shape in Kuala Lumpur in Malaysia.

The KL Wellness City will offer virtually every facet of health-related services imaginable.

Features will include an international tertiary hospital, medical suites, research laboratories, wellness-centric serviced apartments, a fitness-focused Central Park, a healthcare hub and a retirement resort. There will also be landscaped rooftop areas with restaurants, cafes, an auditorium and a swimming pool.

KL Wellness City will be rolled out in two phases over 10 years, the first phase scheduled for completion by 2025.

See klwellnesscity.com



NEW DAYS SPAS IN REGION

Two of the latest day spa facilities in the region can be found within newly opened Langham hotels on the Gold Coast in Australia and Jakarta in Indonesia.

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The Langham Gold Coast is the first luxury beachfront hotel on the popular Queensland holiday destination for 30 years. It opened in June.

The Langham Jakarta is the group's first hotel in South East Asia and along with the Chuan Spa also features the city's highest indoor infinity pool.

See langhamhotels.com



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Get the perfect travel shot

The Fujifilm X-T4 is the latest addition to the X Series of mirrorless digital cameras known for their compact and lightweight body and superior image quality, making them one of the best SLRs to take on a trip. The X-T4 uses a newly developed focal plane shutter and a high-performance motor to achieve 15fps burst. The shutter is twice as durable as the previous model and makes less noise. PGK6000; fujifilm.com.

Get great portable sound

Sony recently announced the new LinkBuds S 'Earth Blue' Model, Sony's smallest and lightest, noise-cancelling wireless headphones. The new buds have great environmental credentials too, as they are made from water cooler bottles. PGK875; sony.com.au.



Take amazing action videos

The new GoPro HERO11 Black is a smaller, lighter version of HERO11 that is geared toward athletes and innovators looking for a slimmed down GoPro with simple one-button control. Mini will be the go-to camera for point-of-view capture and has a new, larger 8:7 sensor that delivers the highest resolution. PGK1057; gopro.com.



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Wartime heroics along the coast

A new military history book recounts the dangerous work performed by the Coastwatchers in PNG and the rest of the Pacific. *Roderick Eime* reports.

While many military history authors focus on the Kokoda Trail, Australian author Michael Veitch has made it his mission to shine a light on other actions that occurred in Papua New Guinea during World War 2, as well as the vital support provided by civilians, whether they be Papua New Guineans, Solomon Islanders or Australians.

One such highly effective group of individuals was the Coastwatchers organisation. They were stationed in PNG and other Pacific islands to watch enemy movements.

"The Coastwatcher organisation of World War 2 has been rightly described by their wartime leader, Commander Erik Feldt, as 'one of the most successful spy rings of all time'," Veitch writes in his book *Australia's Secret Army*.

The need for these improvised coastal sentries came about after World War 1, when it was realised that Australia's northern borders were almost completely undefended. At the outbreak of hostilities in 1914, German colonialists and their small militia detachments roamed and sailed unchallenged across Australia's porous frontier.

Commander Eric Feldt, who had joined the Royal Navy in 1917, worked in PNG in the 1930s and reenlisted when war broke out in 1939. With his regional experience and sharp military mind, he was given the task of forming a network of lookouts across PNG, Bougainville and the Solomon Islands whose job it was to report on ship and aircraft movements in their vicinity.

Critical to the success of the operation was the cooperation of the local people. It was important, Feldt noted, that locals must be treated fairly and paid properly to gain their trust. Without the aid of villagers, the operation would fail.



Coastwatchers across the Pacific kept an eye on enemy movements during World War 2, but if they were caught there were fatal consequences.

Feldt drew on his contacts among missionaries, traders, administrators and plantation owners, supplied them with radios and hoped for the best. When Japanese forces arrived on their doorstep any coastwatchers captured would receive little mercy and almost 40 fell into enemy hands. Of those, none survived the brutal interrogation that ensued.

But if the worth of Feldt's secret men and women ever needed to be validated, one event stands out that changed the course of the war in the Pacific.

Initially, they had performed small, but heroic acts such as helping the few surviving stragglers from Rabaul escape their Japanese pursuers in January 1942. They also helped coordinate the evacuation by submarine of Europeans destined to be hunted and slaughtered by the enraged Japanese.

But it was in August 1942, as 19,000 US Marines and their supply ships were unloading on the beaches of Guadalcanal, that a simple but vitally important radio message was relayed to the vulnerable invasion fleet.

Paul Mason was a short, half-deaf and malaria-impaired 40-year-old former plantation manager who was almost passed over for the mission. But Mason and his compatriot, Jack Read, bravely remained on Bougainville operating from behind enemy lines, providing vital weather reports. Then, on August 7, a tell-tale V-formation of Japanese dive bombers flew overhead on a course for Guadalcanal.

Mason immediately radioed his now famous message: "Twenty-four bombers headed yours." These critical five words were relayed via Port Moresby, Townsville and Canberra to the US fleet anchored off Guadalcanal, giving them a vital 90 minutes to prepare for the attack.

Thanks to Mason's message, the supply ships were withdrawn to safety and a flight of US Navy Wildcat fighters sent up to intercept the incoming attackers.

Thinking they had the jump on the Americans, the Japanese bombers were instead taken by surprise, allowing the Marines to consolidate their beachhead. ■



Australia's Secret Army, by Michael Veitch, is published by Hachette Australia.





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THE ROYALS

Spare

By Prince Harry, The Duke of Sussex
(Penguin Random House)

Also available as an audio book
(narrated by Prince Harry)

The Duke of Sussex and his immediate family have been at the centre of a heated (and very public) debate surrounding their privacy, rights and place as working royals. And since every story has two sides, this is Harry's attempt to provide his version and perhaps put an end to the great divide between 'team Harry' and team 'The Crown'. Yet, it would be best to read *Spare* not as a document with an ulterior motive but as the trauma-to-healing memoir of a man who lost his mother, Princess Diana, at a very young age and is still grieving. Harry also laments the way in which she died – and he doesn't shy away in criticising the media and the paparazzi, who played a role in Diana's death, and continue to try to expose him and his family. With extraordinary detail, *Spare* provides a glimpse of Harry's teenage years, his relationship with his father and brother, his time in the military, his struggles with mental health issues and, of course, his relationships with the two women who seem to have been the most prominent in his life so far: Princess Diana and his wife, Meghan Markle.



MEMOIR

The Bookseller at the End of the World

By Ruth Shaw (Allen & Unwin)

After two heartbreaking pregnancies, Shaw sailed across the Asia Pacific to ease the pain, spending time in PNG, where she worked as a cook, and in Australia, where she helped drug addicts and prostitutes in Sydney's King's Cross during the 1980s. Back in New Zealand, she opened two tiny bookshops in the remote village of Manapouri in Fiordland, and populated them with children's books and other stories about the area. Her memoir is filled with vivid imagery, her favourite books, and incredible encounters with people (both at her shop and at sea) with fantastic stories of grit and love. The *Book Seller at the End of the World* reminds us of the power of storytelling and how sharing books can prove more rewarding than anything else.



ADVENTURE

Explorer: The Quest for Adventure and the Great Unknown

By Benedict Allen (Allen & Unwin)

In 2017, English journalist and explorer extraordinaire Benedict Allen returned to Papua New Guinea to find the Yaifo tribe. His mission: to locate and thank the man who helped him cross the Central Range unharmed 30 years earlier. Allen was dropped in Bisorio Mission, East Sepik Province. He carried no mobile phone or radio.

Weeks later, newspapers around the world reported he was missing – a concern amidst a mining conflict in the area. In *Explorer*, Allen narrates how as a child, he wanted to explore the world, just like his father; he reflects on some of his first expeditions, revisits his first life-changing (and life-affirming) trip to PNG and explains why we need to disconnect and see the world through the eyes of others to understand nature and conflict. Beautifully written, this is an ode to the explorers that have made history, to curiosity and to the power of keeping a promise.



BIOGRAPHY

The Northumbrian Kiap: Bush Administration in Self-governing PNG

By Robert Forster (self published)

British-born Robert Forster settled in PNG in 1968, where he worked as a *kiap* or bush administrator for about seven years. Forster, an award-winning journalist, starts this book with the story of his family, which is from the most remote and least populated part of England, Northumbria, drawing parallels between the remoteness of his place of birth and the remoteness of PNG to understand the connection that bound people to their land. With descriptions of a shifting landscape and aided by photographs and maps, Forster gives readers a taste of what it was like to work as a *kiap* and settle with your family in a country that was transitioning to independence and modernisation. He captures the struggles most Papua New Guineans faced to adapt to the new reality, and highlights their fierce love for their land. This book is an interesting recount of modern PNG history, but from the perspective of a bush administrator. ■





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AT THE MOVIES

What's happening in the world of cinema



AVATAR A BOX OFFICE KING

Not content with having already made the highest-grossing movie of all time in 2009 with the original *Avatar*, director James Cameron has nearly done it again with *Avatar: The Way of Water*.

The epic sequel became the first film since the pandemic to make over two-billion dollars at the international box office. It beat recent heavyweights *Spider-Man: No Way Home* and *Top Gun: Maverick* and recently overtook *Star Wars: The Force Awakens* and *Avengers: Infinity War*, too, which makes its accomplishments more impressive.

It has also received four Academy Award nominations, including Best Picture and Best Visual Effects.

As if that's not enough, Cameron's other mega-hit *Titanic* was re-released in February and made more money than some brand-new releases.

DUNE: PART 2 IS ALL SET TO GO

The much-anticipated second part of Denis Villeneuve's epic *Dune* adaptation is set to be released worldwide in November.

Timothée Chalamet returns as Paul Atreides, as does *Euphoria* Emmy-winner Zendaya, whose role is going to be much larger than in the first part of this epic saga. New to the cast is Austin Butler, fresh off the Oscar success of Baz Luhrmann's *Elvis* biopic.

The original *Dune* won six Academy Awards in 2021 and time will tell if *Part Two* can replicate that awesome success.

WE WILL KNOW WHAT YOU DID LAST SUMMER ... AGAIN?

The revival of old horror movies just keeps going, with the recent announcement of a revival for the late 1990s slasher hit *I Know What You Did Last Summer*.

Original stars Jennifer Love Hewitt and Freddie Prinze Jr are rumoured to be returning for the franchise reboot, which is to be directed and co-written by hot newcomer Jennifer Kaytin Robinson (*Do Revenge*).

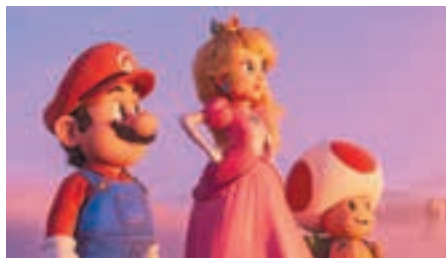
No word yet on a story, but we can assume it involves a man with a hook chasing some kids. The film's production is said to be inspired by the success of the recent *Scream* reboot.

WHAT TO WATCH IN CINEMAS

April

Scream VI — What's left of the gang returns after last year's breakout hit. For this sixth film in the franchise, they're in New York City at Halloween.

Super Mario Bros — Leaving behind the much-maligned and dark '90s live action version, this bright animation for the whole family is set to be one of the biggest movies of the year.



June

Indiana Jones and the Dial of Destiny — Harrison Ford returns, but for the first time Steven Spielberg does not. It must be better than *Kingdom of the Crystal Skull*, surely.



PREVIEW

Suzume

Cast: Nanoka Hara, Eri Fukatsu, Hokuto Matsumura

Blockbusters don't just belong to Hollywood. India and China have been releasing movies that are big international hits for some time now. So, too, has Japan, which has an anime industry that is taking over the imagination of people all over the world.

Where fans of anime were once only able to see maybe one theatrical release a year (if that), nowadays they are much more common thanks to the likes of Studio Ghibli, *Demon Slayer*, *Belle*, and *My Hero Academia* garnering big ticket sales.

Suzume is the latest film from rockstar director Makoto Shinkai. His earlier animated feature *Your Name* was a breakthrough for the medium in 2016, with teens and adults flocking to its vibrant tale of body-swapped teenagers and tragedy.

Suzume is set to be just as big – if not bigger. *Suzume* finds a young girl building a friendship with a mysterious young man from another dimension as he seeks to close the portals that are causing catastrophic disasters in our world. Get ready for audacious set-pieces, colourful animation and big emotions.

Port Moresby's Paradise Cinema screens many of the movies mentioned on this page. For screening dates and session times see paradisecinemaspng.com.



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PICTURE: CORAL EXPEDITIONS

Cruise passengers from a Coral Expeditions ship visiting PNG receive a traditional welcome to country.

Green shoots for the tourism sector

While PNG's tourism industry is still rebounding from COVID-19, a new strategy for the sector, plus key infrastructure investments, look set to support future growth.

Papua New Guinea received over 210,000 visitors in 2019, on the back of several years of steady growth. That momentum was lost during COVID-19, and the key to it being regained lies in PNG successfully re-engaging with the international market.

There's also the challenge of addressing the social disruption caused by the large job losses in the industry in 2020.

"We understand the challenge that the sector has faced with COVID-19, and we understand that there are challenges that we

will face coming back," Eric Mossman Uvovo, CEO of the PNG Tourism Promotion Authority (TPA), says. "2023 is a year we expect going into full swing, especially promoting and marketing."

As well as re-branding and launching a new online booking platform in 2023, he says the TPA is focused on product development – working with industry to create travel products that are easier to promote, sell and deliver.

These will be around some of PNG's most attractive niche tourism offerings: cultural



PICTURE: GODFREEMAN KAPTIGAU



Eric Mossman Uvovo,
CEO of the PNG
Tourism Promotion
Authority.

“

A major upgrade of airports is under way by the National Airports Corporation.

”

festivals, historical tourism, as well as diving, surfing and birdwatching.

Another initiative, with Air Niugini, has seen the TPA commit PGK500,000 to subsidise domestic tour packages sold through the airline and to promote inbound tourism from Australia.

Meanwhile, cruise ship visits to PNG are expected to reach or exceed pre-pandemic levels in 2023, after a gradual return in 2022.

“In 2019, we had about 54,000 cruise passengers. From the confirmed calls that the agents have given us, we are expecting about 84,000 cruise passengers this year. That is a significant leap for the cruise tourism industry,” says Uvovo.

Some of the cruise lines returning are P&O, Princess Cruises, Coral Expeditions, Holland America Line, Silversea Cruises and Ponant.

Jeff Gillies, the commercial director for Coral Expeditions, says the pent-up demand for PNG cruises is strong.

According to the Cruise Lines International Association (CLIA), a 2016 survey showed that each individual ship visit can generate up to PGK235,000 in direct spending.

Mindful of the need to increase the economic benefits of cruise visits, Uvovo says the TPA is focused on building more capacity and facilities at key locations such as Rabaul and Milne Bay, helping to train

operators and develop more local tourism products.

“We are also expanding the ports of arrival to include Vanimo and Wewak, and looking at how we can connect flights to complement the arrival of the cruise ships,” he says.

Also reopening from April 2023 will be a long-term staple of PNG’s tourism industry: the iconic Kokoda Trail.

Around 3500 people normally walk the demanding 96-kilometre track annually. While even a partial return will be welcomed, there is work to be done to get the trail back to its best.

“There’s pent-up demand, but the state of the trail will limit its potential,” says veteran guide Charlie Lynn, who’s trekked the trail 100 times as operator of Adventure Kokoda. Major upgrades are needed after several quiet years, he observes.

The TPA’s Uvovo agrees.

“We want to focus on Kokoda and assist in ensuring that we have those basic soft infrastructures built in Kokoda to enhance the product. By that, I mean building proper toilets and seller facilities along the track,” he says.

For those travelling by air, a major upgrade of airports is under way by the National Airports Corporation under the Asian

Development Bank-funded Civil Aviation Development Investment Program.

This is seeing major improvements, including runway extensions, terminal upgrades and improved safety facilities. A new terminal at Kavieng Airport opened in late 2022, while a state-of-the-art terminal will open in Lae in mid-2023. To follow are upgrades at Gurney (Milne Bay), Kiunga (Western Province), Aropa (Bougainville), Wewak (East Sepik), Hoskins (West New Britain) and Port Moresby’s international airport.

Longer term, the PNG Government has flagged its desire to create some Tourism Special Economic Zones to encourage investment in the sector, starting with Rabaul in East New Britain. This looks set to see further investment in Tokua Airport and its environs. ■

Strictly Business stories
 kindly provided by



SP Brewery toasts a brighter outlook

According to Managing Director Ed Weggemans (pictured), Papua New Guinea's largest brewer, SP Brewery, witnessed a notable pick-up in 2022, with production volumes up 16 per cent and revenues rising even higher.

As well as consumers having more money in their pockets to spend, courtesy of higher global prices for agricultural commodities like coffee, vanilla and palm oil, Weggemans also attributes heightened demand to the 2022 national elections.

He expects the market to remain buoyant this year, but, in the absence of major upcoming events, he expects recent growth to cool somewhat.

Meanwhile, Weggemans expects increased costs entrenched within international supply chains, due to higher freight costs and the



“
The market is expected to remain buoyant.
”

inflated costs of raw ingredients, to start trending downward over the next 12 months.

Weggemans attributes the lion's share of growth to the success of brewer's economy brands, which have benefited from consumer thrift in the face of higher living costs.

On the other hand, premium brands such as South Pacific Export lager were more

directly impacted by lingering pandemic-era trading restrictions and liquor bans.

To celebrate the 70th anniversary of the company's mainstream beer, SP Lager, in 2023, SP Brewery expects to put a lot of effort into promoting the brand this year.

Meanwhile, there are plans to introduce a new flavour to SP's Chiller range of fruit-based beers, and it is continuing to build demand for Heineken 0.0, a no-alcohol beer.

While SP continues to support the PNG Golf Open and the PNG Olympic Committee, it is directing more advertising spend to sports that appeal to its target market, notably rugby league. It recently recommitted to naming rights sponsorship of the PNG Hunters and will continue to sponsor PNG's national competition. ■



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A step up in global offerings

When the Hilton Port Moresby opened in early 2018, it felt like the start of a new era in the city's high-end hotel sector.

At that point, international hotel brands were scarcely present, yet here was the five-star Hilton and state-of-the-art convention centre – the first of three stages of the Star Mountain Plaza development in Waigani, financed by local landowner groups under the Mineral Resources Development Company (MRDC).

Since then, the international brands have kept coming, as local property owners seek to leverage their name recognition, marketing clout and loyalty programs.

The Crowne Plaza Residences opened in 2019, as part of another new development, Nambawan Plaza, developed by

superannuation fund Nambawan Super and Lamana Development. Operated by Intercontinental Hotels Group, the upscale property provides regular hotel rooms and longer-stay accommodation.

During the last resources boom a decade ago, hotel rooms were scarce, leading to the construction of two large hotels, the Stanley in Waigani and Coral Sea Hotels' flagship, the Grand Papua, in Town.

In early 2022, the latter became a Radisson Individuals property, affiliated with the Radisson Hotel Group.

Harbourside South, the next project of Coral Sea Hotels' parent, Steamships, will feature a fully-fledged Marriott-branded property, alongside retail and office space.

Meanwhile, stage two of MRDC's Star Mountain Plaza project is also due to



The upscale Crowne Plaza Residences.

be completed this year, with the Hilton Residences, comprising 180 luxury apartments and related facilities.

Investors in Port Moresby's commercial property sector are also embracing mixed-use developments, combining retail, accommodation and office space.

Paul Sayer, CEO of Nambawan Super, expects Nambawan's latest mixed-use project, Rangeview Plaza in Waigani, to benefit from an increase in the number of expats locating to PNG. ■



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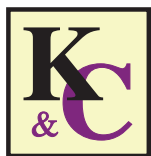


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OK TEDI

What's mined: Copper, gold and silver.
Where: Western Province
Start of operations: 1984

After a tough two years due to COVID-19, which forced a temporary shutdown of operations, state-owned Ok Tedi Mining – which operates PNG's largest copper-gold mine at Mount Fubilan – recently had the mine's life extended to 2033.

Having spent more than PGK350 million on exploration in recent years, the miner expects to generate over PGK19 billion in dividends for PNG over the next 11 years.

PORGERA

What's mined: Gold and silver.
Where: Enga Province
Start of operations: 1990

Porgera, the country's largest gold mine, has over the last 28 years produced more than 20 million ounces of gold and contributed around 10 per cent of PNG's total annual exports.

Porgera has been under care and maintenance since April 2020 when it closed pending a resolution to ongoing negotiations between the State and joint venture partner Barrick Niugini. After approval of a 25-year special mining lease, Porgera is expected to reopen this year under a 51/49 per cent joint venture between PNG stakeholders and Barrick Niugini.

LIHIR

What's mined: Gold
Where: New Ireland Province
Start of operations: 1997

Ranked the world's third-largest gold mine, the Newcrest Mining-owned Lihir open-pit mine has an estimated 45 million ounces of gold.

Following the recent endorsement of a feasibility study, Newcrest has approved a PGK696 million expansion.



KAINANTU

What's mined: Gold
Where: Eastern Highlands Province
Start of operations: 2006

Kainantu was acquired by Canada-based K92 Mining from Barrick Gold in 2014, and since then has transformed from an unproductive mine into one of the country's most prospective gold mines, with forecasted production between 42,000 and 46,000 ounces annually.

Since acquiring Kainantu, the miner has invested around PGK1 billion in refurbishment and expansions and was recently granted a 10-year lease extension to 2034.

HIDDEN VALLEY

What's mined: Gold and silver
Where: Morobe Province
Start of operations: 2010

Operated by Harmony Gold, Hidden Valley is expected to produce over 150,000 oz of gold this year. Current resource estimates suggest it will close in about five years.

RAMU NICKEL

What's mined: Nickel and cobalt
Where: Madang Province
Start of operations: 2012

PNG's only nickel mine and refinery, run by China's MCC, has just celebrated its 10th birthday. It produced 34,000 tonnes of nickel in 2022, much of which went into battery production.

SIMBERI

What's mined: Gold
Where: New Ireland
Start of operations: 2008

Run by St Barbara, Simberi is estimated to contain up to four million ounces of gold. ■



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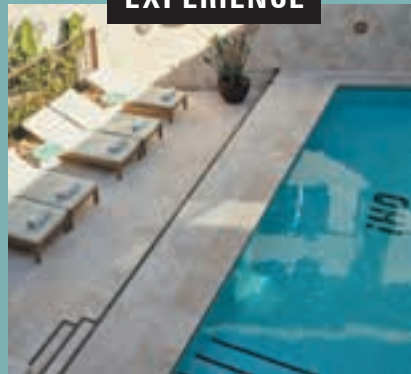


Stay fit

The ClassPass app allows you to book thousands of studios, gyms and spas all over the world, to help you stay fit on a work trip. Whether you want a HIIT class or a relaxing massage to pummel away the work stress, this app is a convenient global gym membership. Plans start from PGK121; classpass.com.



EXPERIENCE



Work and play

Sydney's newest hotel, Oxford House, or simply OHI, from Public Hospitality Group, is designed to bring a Palm Springs vibe to the Harbour City, and the place to be seen is poolside. There you can grab a lobster roll, listen to local DJs and really kick back. Book it for your next work trip and stay a while longer for some 'bleisure'. From PGK570 per night; oxfordhouse.com.au.



New Macbook Air

Apple overhauled its Macbook Air last year to make it thinner and lighter than ever, perfect for a work trip. The new MacBook Air also features a larger 13.6-inch Liquid Retina display, a 1080p FaceTime HD camera, four-speaker sound system and up to 18 hours of battery life. PGK6692; apple.com.

TIMEPIECES

For him

The Breitling Navitimer Chronometer 38 is Swiss-made brilliance crafted in stainless steel with rose gold accents. This is a sophisticated piece with luminescent hands and a face of glare-proof sapphire crystal. PGK14,895; luxeitfwd.com.au.

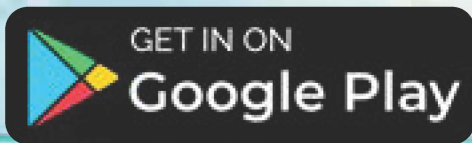


For her

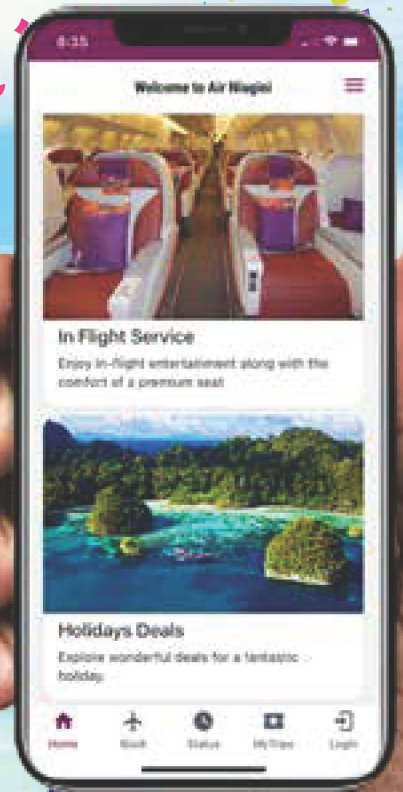
The Breitling Bentley Flying B is an elegant but sporty offering with a casing of carefully crafted stainless steel and mother-of-pearl inlaid hour markers. It will add a touch of sophistication to any outfit from running to evening wear. PGK11,430; luxeitfwd.com.au.



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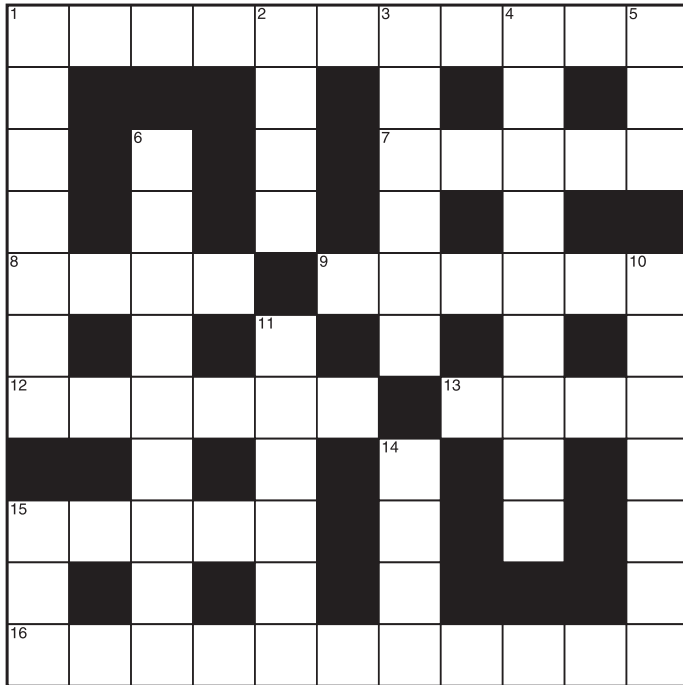


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DoubleTake

Tackle either set of these clues – you can even mix and match them, because the solutions are the same for both sets.



CRYPTIC CLUES

ACROSS

1. Charm of glamour girl or witch (11)
7. Call up Eve about approval (5)
8. Look on web for waves (4)
9. Sir, get out the big cats (6)
12. Add salt and pepper to spring, for example (6)
13. Beginning of day, after wintry night (4)
15. Be quiet or start talking. Don't be long (5)
16. Geniuses have control of brains (11)

DOWN

1. Former head of college uses alibis (7)
2. Finn left finances to experts (4)
3. Strangely enough, he sits for university project (6)

4. Clear Rex ate one by accident (9)

5. Odd theme for golf driving area (3)
6. They voice authors' ideas (9)
10. End up in ship skits (4-3)
11. Who's dressed in a Windsor tie when there's no wind? Sally! (6)
14. Dire fate if mood lifts (4)
15. Some hear final amount (3)

STRAIGHT CLUES

ACROSS

1. Fascination (11)
7. Conjure up (memories) (5)
8. Beach breakers (4)
9. Large predators, Bengal ... (6)
12. Time of year (6)
13. Morning birdsong, ... chorus (4)
15. Briefly, in ... (5)
16. Directs (operation) (11)

Wordsearch

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.



DOWN

1. Mitigating circumstances (7)
2. Unreturnable serves (4)
3. Student's treatise (6)
4. Free from blame (9)
5. Arrange, ... up (3)
6. Storytellers (9)
10. Parodies (4-3)
11. Fighter plane's mission (6)
14. Condemn (4)
15. Maths problem (3)

Theme: At Sea

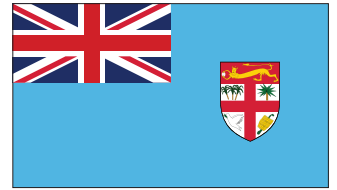
- | | |
|--------|--------|
| ANCHOR | POND |
| BEAM | RIDE |
| BILGE | RIVER |
| BOAT | ROPE |
| BOW | RUDDER |
| CANOE | SAIL |
| CANVAS | SEAT |
| CREW | SHORE |
| CRUISE | SIGHTS |
| DOCK | STEER |
| FISH | STERN |
| KEEL | TIDE |
| LAKE | WATER |
| LINES | WHEEL |
| MAST | WIND |
| NETS | |
| OARS | |
| PADDLE | |



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. Which city are you in if you are at the corner of Wards Road and the Hubert Murray Highway?
2. What happened on September 19, 1994?
3. How many stars are on the PNG flag?
4. There is a yellow symbol on the PNG flag, what does it depict?
5. How do you spell mosquito in Tok Pisin?
6. Can you name the top three PNG cities by population?
7. Which prominent Australian recently said that PNG should have a National Rugby League (NRL) team?
8. What are you doing if you are having a *lovo*?
9. Who is Nikenike Vurobaravu?
10. What is Nan Madol?
11. Which South Pacific nation comprises 15 islands?
12. What and where is Pipeline?
13. What are you drinking if you are having *kopi luwak*?
14. What did Sergio Perez win in Singapore last October?
15. Which country's flag is pictured?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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





Awilunga Estate | 9 Mile | Lae

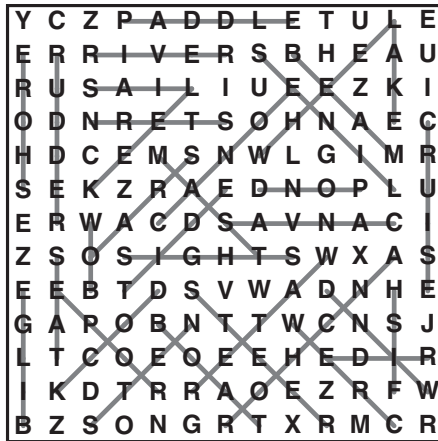
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For solutions to the quiz and puzzles, see Page 98.



Solutions



The Paradise Quiz 1. Port Moresby. 2. Mounts Tauruvur and Vulcan erupted and destroyed Rabaul. 3. Five stars, depicting the Southern Cross constellation. 4. The bird of paradise. 5. Moskito. 6. Port Moresby, Lae, Arawa (source worldometers.info). 7. Australian Prime Minister Anthony Albanese during his visit to PNG in January. 8. Cooking in a traditional Fijian way with hot coals in a pit (like a *mumu* in PNG). 9. The President of Vanuatu. 10. The site of ancient ruins in Pohnpei, Micronesia. 11. Cook Islands. 12. A surf break in Oahu, Hawaii. 13. One of the most expensive coffees in the world, also known as poo coffee, because it comes from berries defecated by civets in Indonesia. 14. The Singapore Grand Prix. 15. Fiji.

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Lightspeed PNG has recently provided a communications solution for St Gerard's Veifa'a Health Centre, a remote clinic in Kairuku District, Central Province. Using Lightspeed Reach Satellite Broadband and Lightspeed Helios Off Grid Solar kits, the team was successfully able to deliver up to 55 Mbps of satellite internet for the clinic and also setup their network.

"With Lightspeed's internet services, I am able to communicate with other colleagues in terms of patient management. As a lone doctor in a rural setting, there are times when I need a second opinion on how to manage my patients and so such an internet service will help me relay important patient information to colleagues who can then provide the much-needed feedback in real time. We needed a reliable and affordable internet service and Lightspeed has certainly delivered that for us."

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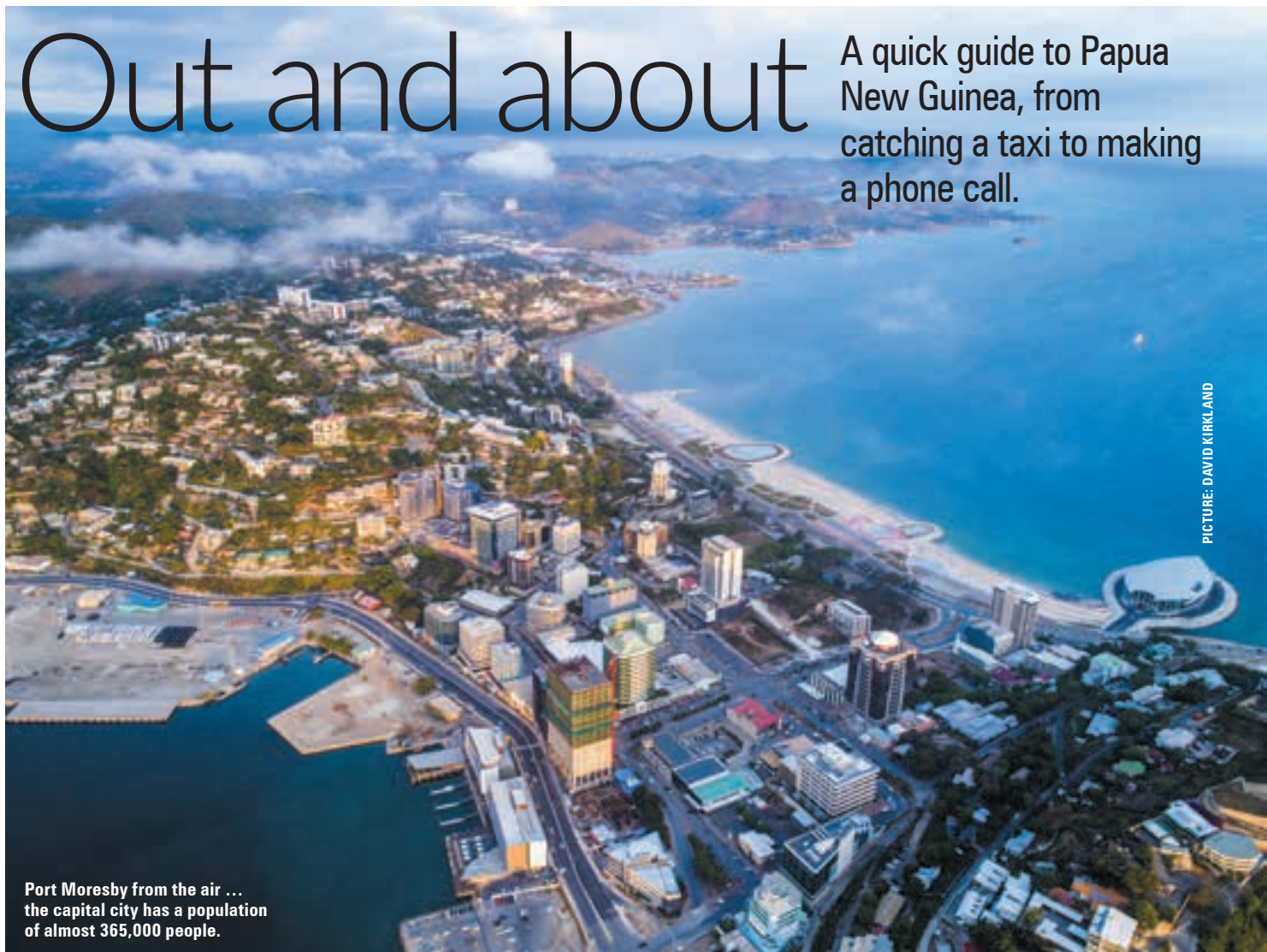
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ARRIVALS LOUNGE

PAPUA NEW GUINEA VISITOR GUIDE

Out and about

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



PICTURE: DAVID KIRKLAND

Port Moresby from the air ... the capital city has a population of almost 365,000 people.

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. Complimentary Wi-Fi is available at hotels and at Jacksons International Airport.

Phone: International 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). Mobile data is available in cities and towns but may not be available in rural areas.

ELECTRICITY

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

GETTING AROUND

Airport transfers: For arrival/ departure in Port Moresby, hotels 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 (70124400) and Comfort (325 3046). Expedient Limited (7232 9990) provides shuttle services. ODESH is Port Moresby's first taxi and chauffeur on-demand booking service. See odesh.net.

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, Paradise Private Hospital and Port Moresby General Hospital, which have emergency services. ►



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Some conditions may require treatment outside the country. Travellers should ensure they have adequate health cover. The cost of medical evacuation can be high. 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 a 24-hour ambulance service in Port Moresby.

MONEY

PNG's currency is the kina (PGK). Banks and ATMs are located around Port Moresby, Lae and almost all urban centres.

PUBLIC HOLIDAYS

PNG observes a number of public holidays, including Independence Day on September 16.

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 has a buffet each morning and evening, as well as an a la carte menu, and stunning views. See airways.com.pg.

Akura: An elegant dining and lounge bar at Harbourside. Tel. 7320 7777, [Instagram.com/akurapng](https://www.instagram.com/akurapng).

Anna's Kitchen: Vietnamese cuisine and French pastries. Tel. 7068 1766.



Freshly baked treats from Duffy Cafe.

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 Port Moresby Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See [facebook.com/Aviat-Club](https://www.facebook.com/Aviat-Club).

Crowne Plaza Residences: The Port Terrace Restaurant and Bar has views of Fairfax Harbour and all-day dining. It's open 6.30am to 10pm. Try a power juice for breakfast, chicken parmy for lunch, or chilli lobster for dinner. The extensive menu also includes burgers and steaks, as well as share plates. Great spot to watch the sunset with a beverage, with wine, beer, spirits and cocktails on offer. See portrestaurant.com.pg.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. See daikokupng.com.

Duffy Cafe: Known for excellent coffee and homemade cafe-style food and bakery items, Duffy has three locations – at Harbourside, Gordons and Jacksons International Airport. See duffypng.com.

Dynasty at Vision City: This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. See [facebook.com/100064086213057](https://www.facebook.com/100064086213057).

Edge by the Sea: The 'Edge' cafe has alfresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito bowls, pork burgers and grilled snapper are among the breakfast and lunch menu favourites. There's a mist water system in the alfresco area

that can reduce the ambient air temperature by up to 10 degrees ... perfect for those blistering-hot days. Tel. +675 7995 5263.

Ela Beach Hotel: Drop in to Salt Restaurant for casual all-day dining, including curry, burgers and wok dishes, or pizza at Enzo's. See coralseahotels.com.pg.

Element Bar and Restaurant: Element offers Asian fusion with excellent service. On Champion Parade, on the first level of MRDC Haus, it has modern decor and a huge balcony. Tel. +675 7252 8778.

Fusion: 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 The Wild Orchard for breakfast and dinner buffet daily, 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 for value dining, while Enzo's Express does quick lunches, coffee and pizza. See coralseahotels.com.pg.

Grand Papua Hotel: The elegant Grand Brasserie has an a la carte menu of modern European cuisine, as well as buffet options. The Grand Cafe, on Douglas Street, has barista-made Goroka coffee, fruit juices, freshly made salads and sandwiches. The Grand Bar – with stylish marble, high ceilings, timber floors and window shutters – has a light menu and is a popular place to wind down after work. See coralseahotels.com.pg/grand-papua-hotel. ➤





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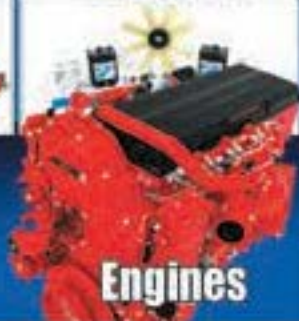
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Engines

Hilton Port Moresby: The hotel has five eating areas including Mumu, which is named after the traditional earthen oven of PNG and serves traditionally inspired dishes. There's also a top-floor lounge bar called Summit, cafe-style dining in Copper on the lobby level, all-day dining and a breakfast buffet at Feast, and quick bites, such as sandwiches and coffee, at Halo in the convention centre foyer. See hiltonportmoresby.hilton.com. Tel. +675 7501 8000.



The Mumu restaurant ... the casual and elegant eatery at Port Moresby's Hilton Hotel offers traditional PNG-style cooking.

Holiday Inn Express: The Great Room has a buffet breakfast from 6am with a Grab & Go option if you're in a rush. An a la carte dinner menu is available from 5.30pm daily. Tel. 7373 2500 (front desk).

Holiday Inn & Suites: The Kopi Haus Restaurant has breakfast from 6am, lunch and dinner. It has a la carte as well as a buffet, with the cuisine including PNG flavours. The poolside Gekko Bar opens at midday and includes a big screen for sports telecasts and tasty

bites to go with a range of wines, cocktails and local and international beers. Tel. +675 303 2952.

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.

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/koreangardenpng.

Lamana Hotel: Choose from options including Spices Restaurant (Indian), the Italian Restaurant, Cafe Palazzo and PNG's biggest nightclub, The Gold Club. See lamanahotel.com.pg.

Magi Seafood Restaurant: A local secret on Spring Garden Road (same side as SP Brewery) with excellent Asian food, but specifically the best mud crab in town, which needs to be ordered 24 hours in advance. Tel. +675 323 3918.

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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 mojofood.co.

Royal Papua Yacht Club: Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan bar area showing sport on large screens. See rpyc.com.pg.

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

Shady Rest Hotel: The Indian dishes at the hotel's Cellar

Restaurant draw high praise from reviewers on TripAdvisor. The restaurant also prides itself in its steaks. Mr Mike's Pizza Company is a takeaway located at the hotel and has classic pizzas, such as Hawaiian and margarita, as well as gourmet pizzas such as the Mediterranean, which is packed with feta, olives, mushrooms and more. See shadyrest.com.pg. Tel +675 323 0000.

Stanley Hotel and Suites: This Waigani hotel has several restaurant choices, including the fine-dining Silver Leaf and the chic tapas-style Monsoon Lounge. Green Haus restaurant has all-day dining, including buffet dinners with live cooking stations. See thestanleypng.com.

Tandoor on the Harbour: Come here for a curry with great bay views. See facebook.com/tandoorontheharbour.

Tasty Bites: This Indian restaurant is tucked away in the town centre in Hunter Street near Crowne Plaza. Bookings recommended. Tel. +675 321 2222.

LAE

Bunga Raya: This local favourite, serving Malaysian-style Chinese, is located next door to the Lae Golf Club. Be sure to try the stuffed lettuce cups, laksa and claypot tofu. Tel. +675 472 7177.

Cafe 411: There's a cosy atmosphere at this casual cafe next to Hotel Morobe on Coronation Drive. The Western-style menu includes finger foods

and PNG coffee. Tel. +675 479 0100.


Chigi's Cafe: This delightful place inside the temporary Brian Bell store near the Lae main markets serves good coffee, milkshakes, 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. ➤




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Lae City Cafe: Located in the Lae City Hotel on 3rd Street, the cafe serves Western and Asian cuisine. The signature dishes include ribs and Nasi Goreng. Tel. +675 472 0138.

Lae Garden Restaurant: The Asian menu includes staples such as crispy chicken and butter prawns. The elegant restaurant, inside Hotel Morobe on Coronation Drive, offers breathtaking views of the city from its balcony. Tel. +675 479 0100.

Lae Golf Club: The club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

Lae International Hotel: Home to three restaurants – Lulua'i's Italian Pizza, Vanda and

Kokomo – which serve an array of international cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See laeinterhotel.com. Tel. +675 472 7000.

Lae Yacht Club: The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food. See laeyachtclub.com.pg. Tel. +675 472 4091.

Mountain View Restaurant: Located at the Crossroads Hotel at Nine Mile. Be sure to try the Japanese fusion menu – it's the only place in town where you can get good sushi. See crossroadshotelpng.com/restaurant. Tel. +675 475 1124.

HOTELS

PORT MORESBY

Airways Hotel: Airways is within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms, excellent service and very good food options. See airways.com.pg. Tel. +675 324 5200.

Citi Boutique Hotel: The Citi Boutique Hotel is a three-star property in Boroko. It has 60 deluxe queen and twin rooms, a business centre, cable TV and free Wi-Fi. There's also a day spa and beauty salon, restaurant, bar, karaoke room, and a rooftop terrace. The hotel provides free airport transfers. See facebook.com/citiboutiquehotel. Tel. +675 300 1300.

Citi Serviced Apartments and Motel: There are two Citi Serviced Apartments and Motel properties, one block located at East Boroko and the other at Manu. They are set in safe and secure grounds. The apartments are fully kitted out. They include cable TV, free Wi-Fi, washing machines, dryers, fridges, fans and air conditioning. Housekeeping is also provided. See facebook.com/citiboutiquehotel. Tel. +675 300 1300.

Crown Hotel: Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving cafe and Mediterranean restaurant. See ihg.com. Tel. +675 309 3329.

Ela Beach Hotel and Apartments: On the fringe of the CBD, this constantly expanding hotel/apartment complex is part of the Coral Sea Hotels group. See coralseahotels.com.pg. Tel. +675 321 2100.

Gateway Hotel: Conveniently located just minutes from Jacksons

International Airport, the hotel has a range of dining options, conference facilities, modern gym and two swimming pools. Free airport shuttles are available for guests. See coralseahotels.com.pg. Tel. +675 327 8100.

Grand Papua: This premium hotel is now part of the Raddison group 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 coralseahotels.com.pg/grand-papua-hotel. Tel. +675 304 0000.

Hilton Port Moresby: The capital city's newest luxury hotel opened in late 2018 and is in the government district 10 minutes from the airport. There are five restaurants, an executive lounge, six meeting rooms, a convention centre, swimming pool and fitness centre. All rooms in the 15-storey hotel include floor-to-ceiling windows. The accommodation includes standard rooms, executive rooms and suites. See hiltonportmoresby.hilton.com. Tel. +675 7501 8000.

Holiday Inn & Suites: Located in Waigani, the large grounds include a walking track in a tropical garden setting, outdoor restaurant and bar area, business centre and gym. Includes three-star Holiday Inn Express hotel. See ihg.com. Tel. +675 303 2000.

Laguna Hotel: The 60-room property is a five-minute drive from the heart of Port Moresby and features a lagoon-style pool, free airport transfers, free Wi-Fi and free buffet breakfast. See hotelsbeaches.com/laguna-hotel. Tel. +675 323 9333.

Lamana Hotel: In Waigani, the hotel has 24-hour free airport transfers, free in-room Wi-Fi, a

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conference centre, restaurants, and the famous Gold Club. See lamanahotel.com.pg. Tel. +675 323 2333.

Loloata Island Resort: This island resort, 40 minutes from Port Moresby, opened in late 2019. There are 68 rooms (including some overwater suites and villas), a day spa and two restaurants. Day passes are available for visitors who aren't staying overnight, and shuttles are provided from Port Moresby. The island is perfect for swimming, snorkelling, diving, walking or just lounging beside the pool. See loloataislandresort.com. Tel. +675 7108 8000.

Sanctuary Hotel Resort & Spa: The hotel is an oasis in the city, located 10 minutes from the

airport in North Waigani. There is a lot of greenery in the hotel grounds and a large aviary, which includes the bird of paradise. The hotel, close to government offices, has a business centre, a day spa, swimming pool and a restaurant with a traditional PNG menu with a contemporary edge. It also has rooms and facilities with ramps for people with disabilities. Tel. +675 303 7400.

Shady Rest Hotel: Located at Three Mile, seven minutes from the airport, this affordable hotel has 74 rooms, including newly built executive rooms, conference facilities, a day spa and salon, a small gaming lounge, a tapas lounge, the Indian-inspired Cellar Restaurant and Mr Mike's Pizza Company. See shadyrest.com.pg. Tel. +675 323 0000.

Stanley Hotel and Suites: One of Port Moresby's newest hotels, this is a luxurious 429-room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive lounge. Connected to Vision City Mega Mall. See thestanleypng.com. Tel. + 675 302 8888.

LAE

Crossroads Hotel: A 45-room facility at Nine Mile. The hotel has a Japanese-themed teppanyaki restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, Wi-Fi and complimentary transfers to both Lae City and Nadzab Airport. See crossroadshotelpng.com/restaurant. Tel. +675 475 1124.

Hotel Morobe: A centrally located 38-room boutique property built in 2014. See hotelmorobe.com. Tel. +675 4790 100.

Lae City Hotel: Located in the main Top Town area, this hotel has 24-hour concierge and an excellent cafe and restaurant with Western and Asian cuisine. See laecityhotel.com. Tel. +675 472 0138.

Lae International Hotel: The city's premier hotel has recently renovated rooms, full bar service, conference and banquet halls, a gym and pool. See laeinterhotel.com. Tel. +675 472 2000.

Lae Travellers Inn: An affordable option, offering clean and comfortable rooms. Tel. +675 479 0411. ■

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MINI 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?*
Hamas long dispela?
- *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**

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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: 73
Business class: 08
Economy class: 65
Number of aircraft in fleet: 4



DHC8-202 – Bombardier

Length: 22.25m
Wing span: 25.89m
Range: 1800km
Cruising speed: 550kph
Power plant: 02 x Pratt & Whitney PW123D
Normal Altitude: 7600m
Standard seating capacity: 36
Number of aircraft in fleet: 2



F100 - Fokker

Length: 35.53m
Wing span: 22.08m
Range: 3000km
Cruising speed: 780kph
Power plant: 2 x Rolls Royce Tay 650-15 turbo engines
Normal altitude: 11000m
Standard seating capacity: 101
Business class: 8
Economy class: 93
Number of aircraft in fleet: 6



DHC8-Q315 – Bombardier

Length: 25.7m
Wing span: 27.4m
Range: 1700km
Cruising speed: 510kph
Power plant: 02 x Pratt & Whitney PW123E
Normal Altitude: 6100m
Standard seating capacity: 50
Number of aircraft in fleet: 5



B737-800 - Boeing

Length: 39.5m
Wing span: 35.79m
Range: 5000-5500km
Cruising speed: 810-850kph
Power plant: 2 x CFM56 - 7B26
Normal altitude: 11300m
Standard seating capacity: 144
Business class: 16
Economy class: 128
Number of aircraft in fleet: 1



DHC8 – 400 – Bombardier

Length: 32.8m
Wing span: 28.4m
Range: 3000km
Cruising speed: 670kph
Power plant: 02 x Pratt & Whitney PW150A
Normal Altitude: 7600m
Standard seating capacity: 76
Number of aircraft in fleet: 3



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

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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Bismarck Sea

Kavieng

Lihir

Rabaul

Hoskins

Buka

Arawa

Solomon Sea

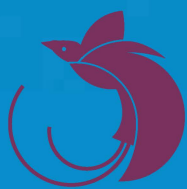
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Owen Stanley Range

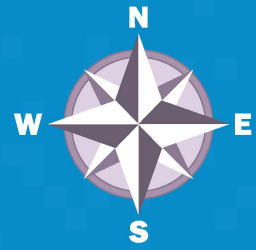
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TARAWA

TUVALU

PORT VILA

APIA

NADI

NOUMÉA

AUCKLAND

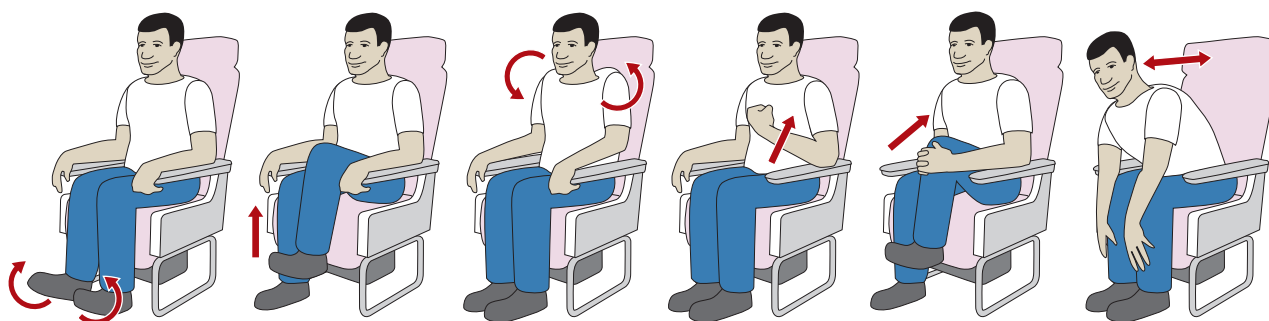
INTERNATIONAL ROUTE MAP

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

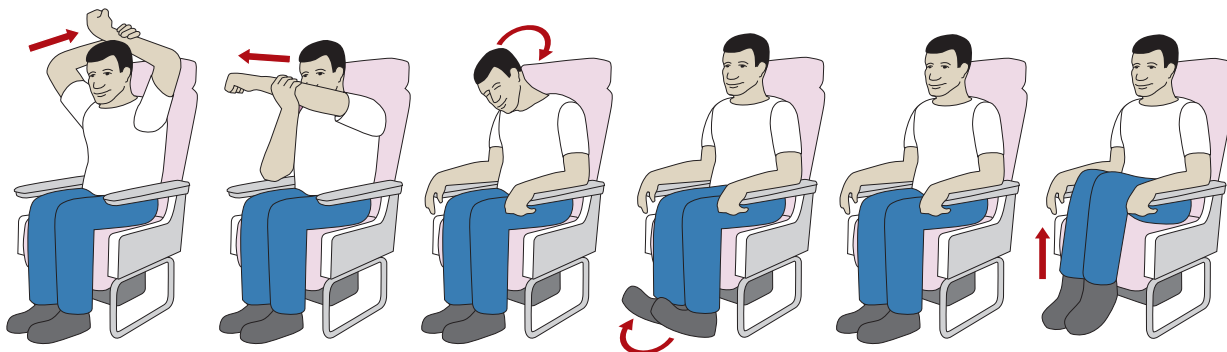
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

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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