

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 4 JULY - AUGUST 2019

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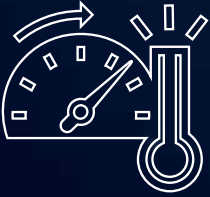
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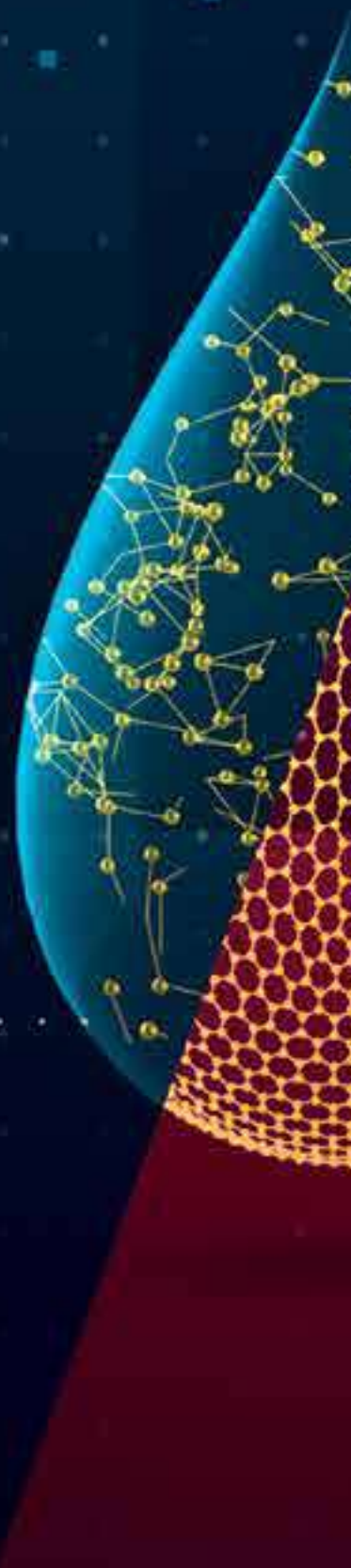
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# IN PARADISE

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Cover photo: A child gets into the spirit of things at the Enga Show. See our story on Page 78. Picture: Olga Fontanellaz



# PARADISE



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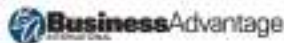
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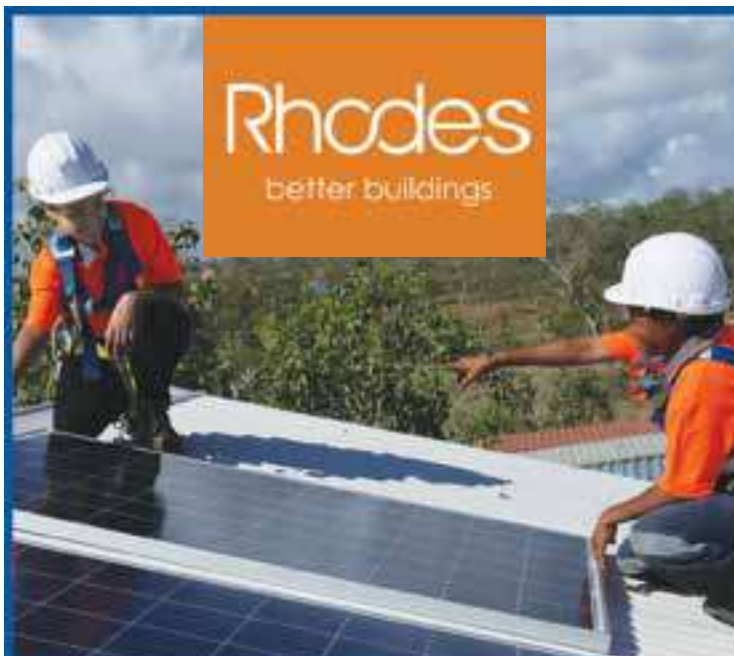
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# Message from the Managing Director

## Welcome aboard



As we work well into the year, we are taking this opportunity to review our business and our progress against our targets. You may have previously heard me talk about our 'Higher Altitudes' program, which consists of four main pillars: cost control, revenue management, our people, and

customer/operational excellence.

I believe our people are the single most important asset. They are known for their service, Melanesian friendliness and, of course, the welcoming Papua New Guinean smile.

We need to ensure they have every opportunity to advance their careers. When our people feel they are appreciated, they are able to more effectively engage, be more productive and thrive, both on and off the job.

Although the focus on our financial indicators is essential, we must also maintain a positive people culture within the business. We need every member of the team to recognise that they are a valued member of the Air Niugini family and that their day-to-day contributions will deliver the best outcome for the business and for our customers.

The Air Niugini management team will shortly be conducting a people forum. This will include a talent-identification process, a training needs review, the

implementation of a standardised performance review process, a succession plan for key roles, the introduction of a mentor program and a development plan for every person in the business.

We want to see Air Niugini as the employer of choice in PNG, helping to attract the best and brightest minds in the country.

As mentioned in the previous issue of *Paradise*, I have been travelling around the Air Niugini network introducing our customers to 'Higher Altitudes'.

I have also had similar engagement with our people in various departments throughout the airline. It is important for all our people to know what is happening within the company and also to hear from them about the kind of support they may require to be most effective in their roles.

Our financial indicators for the first quarter of 2019 have been extremely positive, but, although we are on track to achieve our goals, we cannot be complacent. We must maintain focus on all four pillars of 'Higher Altitudes' to ensure a successful outcome in 2019.

Thankyou for choosing to fly with Air Niugini.

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

Alan Milne  
Managing Director





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In addition to an established residential estate, Airways is also currently planning an exciting property expansion – Gas City. It will provide a new gated community for Papua New Guinea’s major oil and gas companies to work and live side by side, in a secure, modern development of office, retail, leisure and residential.

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Hoisting the Kokoda Cup ... Air Niugini first officers Ponrilei Posanau and Bernice Watinga with the trophy at the National Football Stadium in Port Moresby.

## Air Niugini hosts annual Kokoda Cup match

Air Niugini hosted the third annual Kokoda Cup match at the National Football Stadium in Port Moresby in May.

The cup was carried on to the field by Air Niugini pilots – first officers Ponrilei Posanau and Bernice Watinga – before the round nine Queensland Intrust Cup match between SP PNG Hunters and Townsville Blackhawks.

The pilots handed over the cup to Air Niugini managing director, Alan Milne.

“

We acknowledge rugby league fans and supporters who continue to turn up in numbers to watch the game in appreciation of the battle of Kokoda.

”

The Air Niugini Kokoda Cup continues to honour the importance of Kokoda, the courage, endurance, mateship and sacrifice made by Australian soldiers and Papua New Guinean carriers during World War 2, Milne said.

“Kokoda was arguably the most significant campaign of World War 2, an important event in the history of PNG and Australia. As an airline, we continue to commemorate this important event and the friendships forged during those difficult times. We also acknowledge rugby league fans and supporters who continue to turn up in numbers to watch the game in appreciation of the battle of Kokoda.”

It was during Kokoda that Papuan and New Guinean men were employed as carriers to carry supplies and evacuate the seriously wounded and sick troops, sometimes under fire. Their compassion and care earned them admiration and respect from the Australians, who dubbed the men the Fuzzy Wuzzy Angels.

Townsville Blackhawks won the match 24–14, taking the cup away for the first time in three years. ■

## Airline spreads wings into rural communities

Air Niugini recently appointed a rural sales agent (RSA) in Ialibu in the Southern Highlands.

RSAs are business people in remote and rural communities who have been trained to provide services on behalf of the airline, including the sale of tickets, to people who otherwise do not have direct access to an Air Niugini office.

Air Niugini’s executive manager of sales and distribution, Charlie Wanma, says Air Niugini understands the challenges of people having to travel from rural areas to access airline services in towns and cities, and therefore has brought these services “right to their doorsteps”.

“RSAs are part of the airline’s commitment to service the rural communities. As a state-owned entity we must not only operate in towns and cities, but also in rural areas where the bulk of our population lives.”

Seven RSAs have been appointed across PNG. They are located at Maprik in East Sepik Province, Minj and Kudjip in Jiwaka Province, Kainantu in the Eastern Highlands Province, Biella in West New Britain Province, Pomio in East New Britain Province and, now, Ialibu.

More RSAs will be appointed soon. ■



A sing-sing welcome ... (from left) Air Niugini’s Mount Hagen airport manager Revi Tai, Air Niugini’s highlands regional sales manager, Kially Polau, CEO Ialibu/Pangia, Samson Werek, Air Niugini’s executive manager of sales and distribution, Charlie Wanma, and RSA team leader, Kilembe Neimani, arrive in Ialibu.



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# Ticket payments go mobile

**A**ir Niugini has partnered with Bank South Pacific (BSP) in a convenient and fast ticket payment system. The system uses the bank's mobile banking service.

Air Niugini managing director, Alan Milne, says the mobile payment service is part of the new way forward for e-commerce in Papua New Guinea and utilising the platform will make it easier for customers.

"Under Air Niugini's 'Higher Altitudes' program, the customer is one of the key pillars of the organisation and in partnership with Bank South Pacific, Air Niugini is able to enhance the airline ticket payment process of our customers through the use of mobile phones and BSP's mobile banking."

BSP's head of marketing and public relations, Gorethy Semi, says the new ticket payment system is seamless and efficient.

To use the system, passengers need to book a flight and receive a booking reference number. Registered BSP mobile banking customers can then make a payment under the 'payments option' on the mobile



**Partners ... (from left) BSP's head of marketing and public relations, Gorethy Semi, BSP's deputy general manager of sales and customer service, Kili Tambua, and Air Niugini's managing director, Alan Milne, launch the new mobile ticket payment service.**

banking menu. After payment is made, they receive an e-ticket reference via SMS. Passengers can show the e-ticket reference at the airport at check-in time to obtain a boarding pass.

Flight bookings can be made through the Air Niugini's toll free number 180 3444, or book online at [airniugini.com.pg](http://airniugini.com.pg) to obtain a booking reference. ■

# Airline staff commended

**A**ir Niugini managing director Alan Milne has presented commendation letters to high-performing ground operations staff, including customer service officers, check-in personnel and baggage handlers.

Milne is pictured with the staff, as well as Marco McConnell, the general manager of ground operations and aviation security, and Maryaileen Solien, the executive manager of airport operations. ■



# Ground operations and security on the agenda

**A**ir Niugini ground operations and aviation security staff (pictured) gathered in Port Moresby recently for a two-day conference. The staff came from the airline's domestic and international airports to discuss issues and to suggest improvements. Air Niugini staff

in Port Moresby also took the opportunity at the annual conference to explain the roles and responsibilities of various airline departments, including marketing, flight operations, engineering, quality and safety, human resources, catering and finance. ■

# Air Niugini board meets Madang business leaders

**A**ir Niugini has hosted a corporate function for its key business partners in Madang. The function took place after an Air Niugini board meeting and provided



an opportunity for the airline to outline new developments. Air Niugini chairman, Sir Kostas Constantinou, is pictured addressing the Chamber of Commerce in Madang. ■







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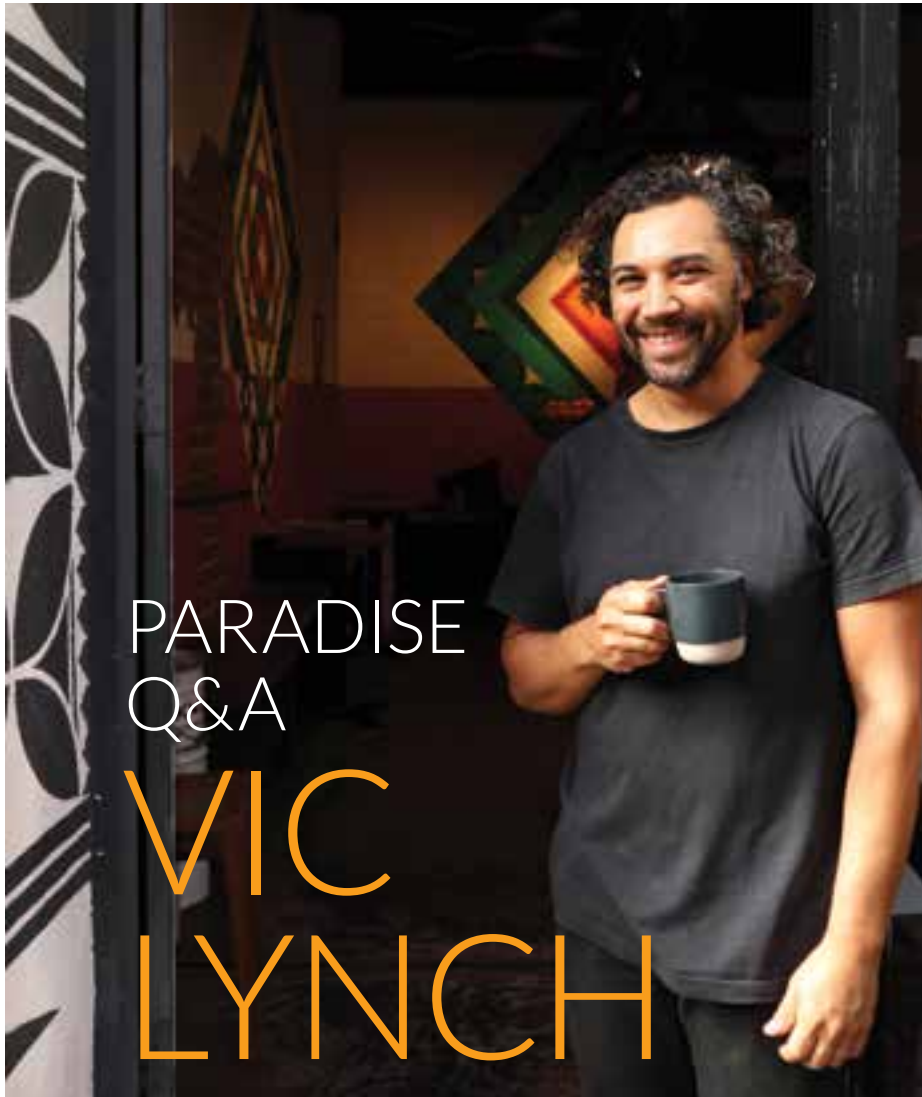


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PARADISE  
Q&A

VIC  
LYNCH

**This Papua New Guinean cafe owner and barista has built up a thriving business in Sydney, Australia, where PNG coffee is catching on.**

**Q: How did your cafe Kwila begin?**

A: It came to life during a time that my wife, Melissa Garcia, and I were trying to make a connection back in Papua New Guinea. I was roasting coffee in Cairns and she was completing her honours degree in environmental science and business. We were striving to create a platform that could encompass our combined passion for travel, conservation and hospitality as well

as our desire to connect Australians with PNG. We almost started a tourism venture in PNG, but circumstances brought us to Sydney and this coffee shop, Kwila, became that platform.

**Q: Where does the name Kwila come from?**

A: It is named after a Papua New Guinean tree, which is a durable and termite-resistant wood, making it a highly valued material for

flooring. At our cafe, the tables and chairs are made from recycled kwila. Using the name Kwila is a recognition of the Pacific region we call home – the cultures, coffees and landscapes within it. The kwila timber was brought back from the family home in Madang where it was sustainably felled using a walkabout sawmill. We like to think of it as an infusion of PNG energy into the space.

**Q: What's special about Kwila?**

A: Well, we began Kwila as a small hole-in-the-wall cafe, using ethically sourced quality roasted coffee from PNG, Costa Rica, Brazil, Ethiopia and Colombia. We are now small-batch coffee roasters. We deal directly with PNG growers, so we bring in green coffee beans, which we source ourselves. We also offer a limited vegetarian menu of muesli, avocado smash, house-made muffins and vegan pies.

**Q: How have Sydneysiders taken to the PNG connection?**

A: We have been overwhelmed by customer response to not only our connection to PNG, but to the quality of PNG coffee we are delivering. This is an exciting time for PNG specialty coffee.

**Q Where did you grow up in PNG?**

A: My Australian father came to PNG as a *kiap* (patrol officer) in the 1960s. I was born in Kundiawa in Simbu Province, and my mother is from Kerema, the capital of Gulf Province. My parents met in Mount Hagen. I was educated at Goroka International School until Year 8 and finished my high school years on the Gold Coast. My first job was as a barista at a hotel in Sydney where I met Melissa, who is half-Colombian.

**Q: Is running a business in Sydney demanding?**

A: It's demanding and challenging. But Sydney is a multi-faceted city, with a great diversity of people and infectious energy. We like to think that we're making a positive contribution to the city's inner-city landscape. Maintaining that perspective helps face the demands of building a small business. I'm definitely proud to have the business here. It's a great opportunity and a platform to share my heritage. ■

– KEVIN McQUILLAN



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# PNG boxers team up for Pacific Games

**T**hirteen boxers from Papua New Guinea will compete at the 16th Pacific Games (July 7–20) in Samoa. For the first time the boxers – 10 males and three females – will compete as a team known as the Nanigos, which translates as ‘stinging bee’ from the Motuan dialect.

Team members, including Thaddius Katua, a 2016 Rio de Janeiro Olympian, Youth Commonwealth Games gold medallist and multiple PNG

**Shaping up ... PNG boxers have formed a team known as the Nanigos, which translates to ‘stinging bee’.**



PICTURE: VANESSA KERTON

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champion; Charlie Keama, a two-time Commonwealth Games quarter finalist; Warren Warrupi; John Ume; and highly rated and inspiring female boxers Flora Loga and Laisani Soma, came up with the name during an exercise to develop team spirit at a Pacific Games training camp in Port Moresby.

According to Peter Morrison, one of the Nanigos' coaches, the

name unites the pugilists. "It is an important aspect in a team which is in essence an individual sport, but one made up of athletes from various provinces – Central, Oro, Manus, the National Capital District, Morobe and Bougainville – who speak different languages."

The boxers have ambitions beyond the Pacific Games and hope for the Nanigos' name

to become as recognisable as that of the Kumuls (the men's national rugby league team) and the Palais (the women's rugby sevens national team).

The women are genuine medal contenders in Samoa, while Katua is already making a name for himself, and Ume, who represented PNG in the 2018 Commonwealth Games, are boxers with bright futures.

The team is currently seeking to attract a major sponsor so it can compete at more international events and training camps. ■

– GREG CLARKE

**Fighting man, the Papua New Guinean who is a big hit in Muay Thai, see our story on Page 102.**

2019 PACIFIC GAMES

WHERE:	WHY:	WHEN:	WHAT:	LAST TIME:	NEXT TIME:	MORE INFORMATION:
Apia, Samoa	Samoa stepped up to host the event after Tonga pulled out as the host.	July 7–20	27 sports, 24 countries, 4000 athletes, 20 venues	Held in PNG in 2015. PNG topped the medal tally, winning 88 gold and 217 medals overall.	Honiara, Solomon Islands.	samoa2019.ws, facebook.com/samoa2019

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## A PEEK INSIDE 'THE SOUTH PACIFIC'S BEST HOTEL'

The Ovolo Hotel in the Sydney suburb of Woolloomooloo has been voted the best hotel in Australia and the South Pacific in the 2019 TripAdvisor Travellers' Choice Awards for Hotels.

Like all Ovolo hotels around the world, the Woolloomooloo property is strong with its sense of design, fashion, art-filled interiors and quirky features.

Ovolo founder, Girish Jhunjhnuwala, has a love of '80s music, so you expect to ride in the lifts to the sound of Talking Heads, or book a stay in an AC/DC or INXS-themed rock star suite.

Within the award-winning property is Alibi Restaurant and Bar, Australia's first hotel restaurant to serve a 100 per cent plant-based menu.

When you book with Ovolo directly, standard freebies include free continental breakfast, free Wi-Fi, free in-room mini bar, free laundry and free happy hour drinks.

The TripAdvisor awards are voted on by travellers from all over the world. ■

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



“

Ovolo is strong with its sense of design, fashion, art-filled interiors and quirky features.

”



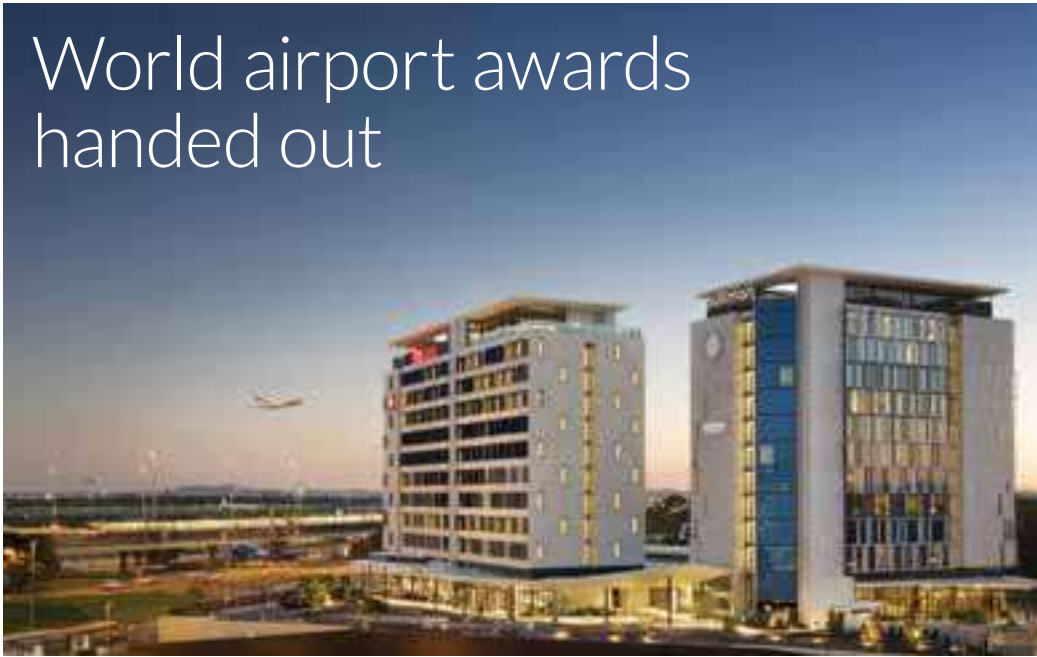


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# World airport awards handed out



Skytrax winners ... the Pullman Hotel at Brisbane Airport (above); a food outlet at Hong Kong International Airport (opposite page, top); Singapore's Changi Airport (opposite page).







The annual Skytrax World Airport Awards have been announced, with several airports on the Air Niugini route network recognised for their excellence.

Singapore's Changi Airport has been named the world's best airport for the seventh year in a row, Hong Kong's International Airport has won the award for best airport dining in the world, and the Pullman Hotel at Brisbane Airport has won the award for the best airport hotel in the Pacific region.

Opened in October 2017, the Pullman at Brisbane Airport has 132 rooms including two executive suites, six junior suites and 12 deluxe executive rooms. There's also a luxurious free-form

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leisure pool, a 20-metre lap pool, gym and a top-floor executive club lounge with a business centre.

The hotel is within walking distance of the domestic terminal and a short drive to the international terminal. ■



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**World's Best Airport:** Changi Airport Singapore

**World's Best Airport Dining:** Hong Kong International Airport

**World's Best Airport Hotel:** Crowne Plaza, Changi Airport Singapore

**World's Best Airport Immigration Service:** Hong Kong International Airport

**World's Best Airport Leisure Amenities:** Changi Airport Singapore

**World's Best Airport Staff:** Narita International Airport, Tokyo

**Best Airport Hotel in Australia / Pacific:** Pullman Brisbane Airport

**Best Airport in Australia / Pacific:** Brisbane Airport

**Best Airport Staff in Asia:** Narita International Airport, Tokyo

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*Escape. Explore. Enjoy*



# Fijian resort gets makeover

An exclusive adults-only precinct, world-class restaurants and an accommodation makeover are key elements to a \$US50 million revitalisation of the Shangri-La Fijian Resort & Spa on Yanuca Island, Fiji.

Originally built in 1967, the resort has undergone a two-year upgrade.

The Shangri-La sits on 100 hectares of private island, and more than a quarter of it has been dedicated to the new



Reef Wing adults-only precinct, including an exclusive infinity pool where complimentary sunset drinks and canapes are served daily, as well as oceanfront *buress* (villas). Each *bure* has a private lawn stepping down to the reef beach, an outdoor rain shower

and a huge living space.

On the food front, half a dozen dining and bar concepts have been established, including Takali Asian Kitchen and Golden Cowrie Coastal Italian.



The resort has also reintroduced the Black Marlin Tropical Bar.

First established more than 50 years ago, it has been reimagined as an upmarket tiki bar featuring more than 100 rums.

Families haven't been left out, with all of the resort's two-bedroom lagoon *buress* also being upgraded. The resort has a big range of family facilities and activities, including the huge indoor and outdoor kids' club, segmented into age groups.

See [shangri-la.com](http://shangri-la.com). ■



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

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ExxonMobil PNG's first Papua New Guinean Maintenance Schedulers - AnneMarie Norrie - LNG Plant Scheduler and Caspar Kokoani - Hides Gas Conditioning Plant Scheduler.

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*"To ensure the smooth operations of our Gas Conditioning Plant in Hides and our LNG Plant near Port Moresby, all equipment at our production operations facilities need to be scheduled for maintenance. Our aim is to schedule each job enabling the safe and optimal use of execution resources,"*

**AnneMarie Norrie**, Maintenance Scheduler, LNGP, ExxonMobil PNG.

### PNG Partnership

Building capacity for the future  
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**ExxonMobil**

# First Aboriginal Australians may have island-hopped through PNG

Researchers at the Australian National University (ANU) say the first peoples to arrive in Australia most likely sailed from Borneo to Sulawesi and then island-hopped through Papua New Guinea about 50–60,000 years ago.

There are two main theories about which route the ancestors of current-day Aboriginal people came to Australia, archaeological researcher Shimona Kealy tells *Paradise*.



Shimona Kealy ... the researcher says there is evidence that Aboriginal Australians travelled through PNG.

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**MADANG RESORT**



“

Australia and New Guinea were joined in the continental landmass known as ‘Sahul’, due to lower sea levels.

”

Kealy – and professor Sue O’Connor from the ANU School of Culture, History and Language – studied two possible routes: a northern route through Sulawesi and PNG, and a southern route through Timor.

They point out that sites proving human occupation in East Timor go back only 45,000 years, while the oldest known Aboriginal site in Australia, a rock shelter at Madjedbebe in the Northern Territory’s Kakadu National Park, has been dated at 65,000 years old.

“At this time Australia and New Guinea were joined in the continental landmass known as ‘Sahul’, due to lower sea levels,” Kealy says.

“My model considered distance between islands, visibility, difficulty of travel at sea versus land, distance from rivers, and slope for travel over land.

“While a greater physical distance is covered by taking the northern route to Australia, the journey via PNG is more connected with shorter sea crossings required and greater visibility between islands.

“This finding has significant implications to both further investigations of the early histories of Sahul’s first peoples as well as for focusing our future archaeological research throughout the Indo-Pacific region,” she says. ■

– KEVIN McQUILLAN

SEEKING BACK ISSUES OF PARADISE

Business Advantage International has been publishing *Paradise*, the inflight magazine of Air Niugini, since September 2014.

We are slowly compiling an archive of back issues going back to 1976, when the magazine started. But we have some gaps in our collection that we are keen to fill.



We would love to hear from readers who have copies of the following issues: 2004, Vols 1–4; 2008, Vol 4; 2009, Vol 2; 2010, Vols 4, 6; 2011, Vols 1–3, 5; 2012, Vols 1, 3, 4; 2013, Vols 1–6; 2014, Vol 3.

If you can help, please contact us at [paradise@businessadvantageinternational.com](mailto:paradise@businessadvantageinternational.com). ■

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# BIG PICTURE

TAKEN BY RON VAN DER STAPPEN

Dutch traveller Ron Van Der Stappen says he visited PNG for the second time last year, taking this picture of the Baining fire dance at the Mask Festival in Rabaul. "What a fantastic and photogenic country," he says.



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



# Transforming jobs into rewarding careers for the people of PNG



After becoming Porgera Joint Venture's first graduate of the Compass Development Program in 2015, Underground Senior Mine Engineer Adrian Gereg was appointed as development coordinator at a copper and gold mine in Mongolia.

Adrian said the education and training opportunities that the Porgera Joint Venture offers its staff is exceptional.

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*The Porgera Joint Venture is opening a world of opportunities for its 3,300 PNG employees.*



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EXCLUSIVE TO



Grant Thomas visits Walindi Plantation Resort, where divers go to see some of the most biodiverse coral reefs on the planet. The jungle walks, birdlife and World War 2 plane wrecks also lure intrepid travellers.

# ANOTHER WORLD

“

Walindi offers a choice of diving options, either on day boats or one of two liveaboard luxury vessels, the MV FeBrina and the MV Oceania.

”

**H**idden among lush green plantations with a dramatic mountainous backdrop and fringing coral reefs, Walindi Plantation Resort is in the perfect location on New Britain Island for nature lovers and divers.

Imagine starting your day greeted by the glowing sun as it rises over the Bismarck Sea, casting rays of light onto the balcony of your bungalow and warming your skin. ▶

Restorf Island ... one of the dive sites visited by guests staying at Walindi Plantation Resort. The island is also perfect for snorkellers.





PICTURES: GRANT THOMAS



Another world



You then make your way down a winding path, flanked by floral gardens and ancient trees, until you reach an idyllic restaurant area set in dense jungle.

There are plenty of fresh and appetising choices for breakfast that can be served alfresco, meaning you can enjoy an ocean view with your morning coffee. ➤

**Walindi snapshots ... (clockwise from top) one of the private bungalows; the resort from the air; the pool; fresh flowers decorate one of the beds.**



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Now that your mind is awake and hunger satisfied, a list of adventurous activities awaits.

Papua New Guinea has some of the best scuba diving in the world and Kimbe Bay has some of the most biodiverse and rich coral reefs on the planet. There are also sea creatures, from mini to mega.

The owners of Walindi, Max and Cecilie Benjamin, along with their son Cheyne, have been pioneering new dive sites for more than 30 years. ➤



Walindi Plantation Resort ... surrounded by sea and jungle.

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Another world

They have also been leaders in ocean conservation in PNG and work closely with local communities to protect the natural resources of the Kimbe Bay region.

Walindi offers a choice of diving options, either on day boats or the liveaboard luxury vessels, the MV *FeBrina* and the MV *Oceania*. Either option is a great way to experience the underwater world of Kimbe Bay. Eagle-eyed dive guides are always on hand to point out the incredible array of critters and corals.

For stunning underwater topography and big encounters, Inglis Shoal fits the brief with its high chance of spotting pelagics. It's not too deep, so it's great for snorkellers too. ➤



Sunrise ... a view from a balcony at Walindi Plantation Resort (right); a dolphin on patrol in Kimbe Bay.



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Another world



If you favour small sea life, visit Joy's Reef where a sloping reef leading to a sandy bottom creates macro madness.

Schooling barracuda, giant grouper, pygmy seahorses, false killer whales and orca are just some of the animals you may encounter during your dives. There are also several wreck dives to choose from. ➤

**In deep ... (clockwise from top) a goby perched on a whip coral; anemone fish; a Japanese Zero in 15 metres of water; an orange clown fish; colourful sponges and coral; a school of snapper; a gorgonian crab.**





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Another world



Seeing red ... a diver behind a gorgonian sea fan in the waters near Kimbe Bay.

During World War 2, PNG played a huge role as a battleground for countries at war, meaning the country is now littered with plane and shipwrecks. Just a short boat journey from Walindi is a Japanese Zero fighter plane wreck in only 15 metres of water, a perfect dive site for all experience levels. There are also several plane wrecks to see on land

With over 30 dive sites in the bay, and most within 45 minutes, you can dive every day for weeks and never repeat a site.

Should you prefer to decompress a while longer, plenty of terrestrial tours are available as the biodiversity does not end at the water's edge. With forests in abundance, gardens cultivated with local love and coastal vegetation, West New Britain has a phenomenal array of birdlife.

After an action-packed day in the water, it's time to relax back at the resort with a drink, and perhaps a dip in the

swimming pool, before a dinner prepared from fresh local produce. ■

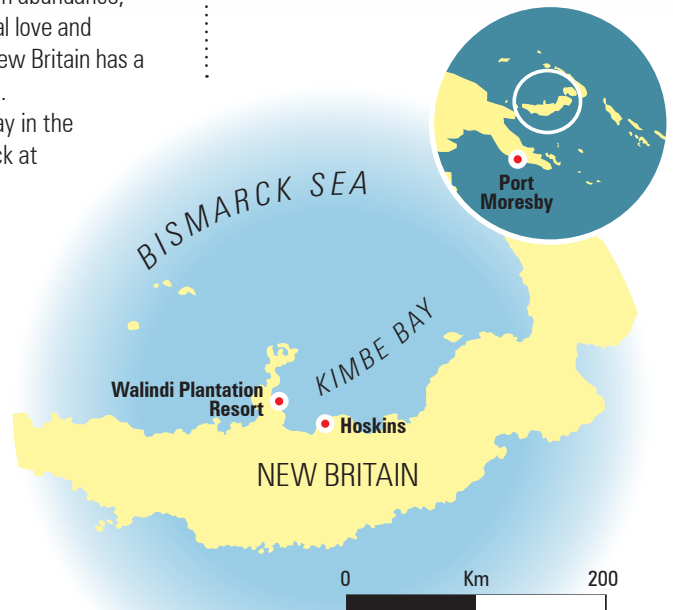
**NEED TO KNOW**

**WHERE** Walindi Plantation Resort has a mix of Plantation House rooms and traditional bungalows. Bungalows from about PGK500, including meals.

**WHEN** April to June and August to December are best for diving.

**ALSO** Bird watching, village visits, walks.

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



 Air Niugini flies from Port Moresby to Hoskins daily. See [airniugini.com.pg](http://airniugini.com.pg).





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Nuli Sapi ... overwater bungalows are connected by boardwalks (above and left); traditional transport (opposite page, top left); one of the locals (opposite page, far right); pearling at Samarai Island (opposite page, right).

# BACK TO BASICS

It's early morning. We are sitting in bed, watching soaring birds and the fishermen paddling by in their small outrigger canoes. The waves are gently lapping in the mangroves, the sky is blue and the tropical air is still and fresh. Below the porch of our bungalow are the pristine waters of the Solomon Sea.

We are at Nuli Sapi on Logea Island, a 90-minute boat ride from Alotau.

The small retreat has a rustic charm, with just four simple bungalows on stilts above water. Set at the edge of a small mangrove forest, the bungalows are connected by boardwalks. Built entirely from bush materials, they come with a queen bed, a verandah with sweeping views of the China Strait, and a shower with refreshingly cool water. Mosquito nets and cold SP beer are the only mod cons.

The little PNG retreat of Nuli Sapi once came to the attention of global travel guidebook publisher Lonely Planet as one of the world's best eco-stays.

*Olga Fontanellaz* falls in love with the place too.





“  
”

Mosquito nets and cold SP beer are the only mod cons.

Logea Island is one of the Milne Bay Province’s 160 named islands, and Lonely Planet nominated Nuli Sapi as one of the world’s top 10 eco-stays in 2014.

Energetic Australian Kayleigh Colbran and her American partner, Joe Boucher, have been running it since 2012. While sailing the world, the couple arrived at this remote corner, got stranded near the neighbouring Samarai Island and never left. In collaboration with the local community, landowners and cousins, Isiah Mwado and Manian, they opened the tiny retreat.

Nights are spectacular, with skies full of bright stars. The evenings are spent in the *haus win* (a Tok Pisin word for an open-air gazebo) eating locally grown vegetables, including unique young *aigaru* leaves (delicious when cooked in coconut), freshly caught fish and unforgettable chilli mud crabs, all washed down with cold SP lager.

During the days, we swim, sometimes straight off a boardwalk over soft and hard corals, trying to find the dugongs that come here to graze on the sea grass. The dugongs were once hunted, but the practice stopped a long time ago and they are now making a comeback.

We also snorkel over the coral of Deka Deka Island and take a boat ride to Doini Island where we visit Doini Island Plantation Resort ([doiniisland.com](http://doiniisland.com)).

We snorkel in the warm water near Gona Bara Bara Island where, suddenly, a dozen gigantic manta rays glide toward us, huge and elegant. They seem light and weightless. With their huge wings, they swim against a strong current, gills flashing open and shut and enormous mouths wide open, scooping up plankton. ➤



Back to basics

It seems as if they are going to swallow us, too, but at the last minute the magnificent creatures turn and disappear into the depths.

The area is a natural cleaning station for manta rays. They come here every day, joining the queue of other manta rays waiting to be groomed by a team of reef-dwelling cleaner fish.

But there is more to Milne Bay than colourful corals and fish.

We enjoy the company of the local women who always seem to have smiles on their faces as they make sago, a starch extracted from the spongy pith of sago palm stems, or cook a traditional Milne Bay claypot. We watch the boys playing with bicycle tyres and visit caves with skulls from times past.

Samarai Island, a short dinghy ride across from Nuli Sapi, is the former headquarters of the administrative district of British New

Guinea. Once, it was the second-largest city in the country, after Port Moresby.

The island was a comfortable place to live at the end of 19th century, with attractive colonial government buildings and houses, stores and hospitals, schools and hotels, and even a cricket field. Now, it is reduced to ruins.

Samarai Island also had a bustling port, due to its location between Australia and East Asia. Today, the old wharf hosts a pearl hatchery, where oysters spawn and larvae grow, with the pearl factory located around nearby islands.

On our way back to Alotau we are accompanied by a pod of dolphins. As the last glimpse of Logea Island disappears from view, I already know I want to come back to this remote part of the world. ■



Safe harbour ... the old port area at Samarai Island, a short dinghy ride from Nuli Sapi.

**NEED TO KNOW**

**STAYING THERE** An overwater bungalow at Nuli Sapi is PGK500 for two, including all meals.

**GETTING THERE** Catch a public dinghy from Alotau to Samarai Island (about PGK50, 90 minutes) and ask to be dropped off at Nuli Sapi. You can also arrange a private boat pickup from Alotau with Nuli Sapi (about PGK350).

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



 Air Niugini flies from Port Moresby to Alotau daily. See [airniugini.com.pg](http://airniugini.com.pg).







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# 10 OF THE BEST NEW THINGS IN THE REGION

From luxury resorts to an eye-popping indoor waterfall, *Mary O'Brien* reveals what's new and noteworthy in our corner of the world.



Eye-catching ... the waterfall at Changi Airport (right); PNG's Loloata Resort (opposite page, top); Malaysia's Datali hotel (opposite page).

**S**ingapore is definitely the hot foodie destination with a range of award-winning restaurants, Malaysia welcomes back a classic hotel, while a Vanuatuan island hosts an off-the-beaten-track diving resort. There are new hotels and bars in Australia and, at home in Port Moresby, a private-island resort is right on track to open its doors.

**1 FLYING HIGH, SINGAPORE**  
Singapore's Changi Airport, often called the world's best airport, has become even better with the opening of the Jewel complex. Inside the new building is the world's tallest indoor waterfall, a lush four-storey garden plus 280 stores and food outlets.

The dome-shaped structure, next to Terminal 1, was designed by architect Moshe Safdie and offers travellers a range of activities. The

40-metre indoor waterfall, or rain vortex, uses recirculated rainwater and is a backdrop for light shows at night.

Singapore is known for its gardens, so it's fitting the new complex features an indoor forest with 2000 trees and palms and 100,000 shrubs.

There's also a park with themed gardens, a glass-bottomed bridge, a hedge maze, bouncing nets and slides.

Visitors with long transit times can choose from a multi-screen IMAX cinema, a YotelAir (offering rooms from four hours) and a pay-as-you-go Changi Lounge with showers.

[jewelchangiairport.com](http://jewelchangiairport.com)





**2 PRIVATE-ISLAND GETAWAY, PNG**

An exciting new resort is opening soon on Loloata Island – one of the few private island resorts in PNG – only 45 minutes from Port Moresby airport. Due to open in July, the resort will have 66 suites and villas, set over water or on the beach front.

It will be a welcome leisure destination close to town and aims to attract holidaymakers and local residents seeking a weekend getaway.

Two private beaches and 29 dive sites (in Bootless Bay and nearby) will be the main attractions.

The menus at Bootless Bay Restaurant and the Beach Club

will draw on South Pacific and world cuisines.

General manager, Claudia Rodrigues, says the resort’s food offerings will make the most of the wonderful local produce, including seafood and organic vegetables.

The \$US40 million resort was designed by Australian company Thomson Adsett, and is a joint

venture between Lamana Development and NASFUND.

Loloata Private Island Resort will have two conference rooms (catering for up to 250 people), a spa, and a team of experienced diving instructors and guides. There will also be snorkelling and kayaking for guests.

[loloataislandresort.com](http://loloataislandresort.com)



**3 PARADISE FOUND, MALAYSIA**

The iconic Malaysian luxury hotel, the Datai, on Langkawi Island has reopened after a \$US60 million refurbishment. Set high above the beach in the tropical rainforest, the resort is perfect for those who like their getaways relaxed and nature-based.

Originally designed by the late Australian architect Kerry Hill in the early 1990s, the hotel has been

sensitively restored by French designer Didier Lefort.

The Datai’s main building and restaurant have been refreshed, with a lift added, while the interiors of the public areas and the guest rooms have been updated with new technology, modern lighting, fresh fabrics and colours.

The emphasis is firmly back on the environment with a new nature centre run by well-respected naturalist Irshad Mobarak. One of

the highlights of the resort is the new canopy walk, an 18-metre-high timber path, where guests can walk among the treetops. The rainforest spa is popular, with treatments based on Malay medicinal plants.

[thedatai.com](http://thedatai.com)

**4 PICTURE PERFECT, AUSTRALIA**

Tucked into an amazing cliff-face location under

Brisbane’s Story Bridge, the new Art Series hotel, the Fantauzzo, is an interesting mix of architecture, design and, of course, art.

The \$AUD100 million hotel is named after Australian artist Vincent Fantauzzo, whose works are featured throughout the building. With great views of the Brisbane River and the city centre, the 166-suite, six-storey hotel is the latest in a number of new hotel openings in the city. ➤



10 best new things



Plenty of flair ... Brisbane's Fantauzzo art hotel (above and right); white tablecloths at Singapore's Odette (top right); a colourful dish at Odette (far right); botanical joy in Sydney (opposite page).



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Fantauzzo, who is married to Australian actor Asher Keddie, is known for his striking portraits and photorealism. Five original works and 500 prints will feature through the hotel.

On the ground floor, casual Italian eatery Polpetta specialises in handmade pasta and Roman dishes. For river views, visit the rooftop bar or have a dip in the infinity pool. This is the eighth Art Series Hotel in Australia and the second in Brisbane.

[artserieshotels.com.au/fantauzzo](http://artserieshotels.com.au/fantauzzo)

**5 FINE DINERS, SINGAPORE**

It's official. The best restaurant in Asia is fine diner Odette, in Singapore, according to S. Pellegrino & Acqua Panna's annual list. The Asian-inspired modern French restaurant

topped the rankings, dislodging four-time winner Gaggan (now number two) in Bangkok.

Odette, helmed by French chef Julien Royer, occupies a beautiful dining room in the historic National Gallery in Singapore. The chef uses artisan ingredients to create flavourful French dishes with an Asian accent. He's known for dishes such as Kegani crab with Granny Smith apples, celery, Vadouvan spices and kaffir lime oil; crispy scaled kinki fish with butternut squash; and pigeon with artichoke and kampot pepper.

Diners can choose from four, six or eight courses, depending on the time of day.



10 best new things

Singapore scored well in the recent list with seven restaurants in the top 50, including Burnt Ends, Jaan, Les Amis, Nouri, Waku Ghin and Corner House. Other regional winners included Dewakan in Malaysia, Toyo Eatery in the Philippines, the Chairman in Hong Kong and Suhring in Bangkok.

1 St Andrew's Rd, 04 National Gallery, Singapore  
**odetterestaurant.com**  
**theworlds50best.com/asia/en**

**6 SENSE OF NATURE, AUSTRALIA**

You can visit both the well-known spots and the secret corners of Sydney's Royal Botanic Garden with a new behind-the-scenes sensory tour.



This small-group tour runs twice a week for those who want to discover hidden parts of the garden

while getting a chance to feel, smell and, in some cases, taste, native and exotic plants.

Horticulturalist Paul Nicholson (who has worked at the garden for 25 years) and his team will tell the stories of the garden and its plants. Visitors also get to explore the tropical Latitude 23 Glasshouses (not usually open to the public) where hothouse orchids and other rare plants are grown.

The team will also bring people to the best locations for Instagram shots in the heritage-listed 30-hectare gardens, which are in a spectacular location on Sydney Harbour. The behind-the-scenes sensory tour is on Tuesdays and Fridays. ➤

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10 best new things



By the sea ... Malolo Island Resort in Fiji (above); Riley Hotel in Cairns (opposite page).

**SUSTAINABLE FISH, FIJI**  
 While Fiji is known for its fresh seafood and the Mamanuca Islands have a plentiful supply, fish isn't always sustainably caught there. Chef Ryan Ward, of Malolo Island Resort, is taking a stand and reworking his menus to feature only sustainable fish.

Local fishermen dive for crayfish, coral crabs, lobsters and *caba caba* (slipper lobster), and reef fish such as coral trout and snapper are also caught. To ensure the catch is sustainable, the chef refuses to buy undersized fish, lobsters with eggs or fish in breeding season.

For desserts, the chocolate used comes from top-class Fijiana cacao. The Fijian-owned resort is setting up its own beehives so it will have a supply of honey, and garnishes for dishes will be grown in the onsite garden.  
[maloloisland.com](http://maloloisland.com)



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10 best new things



**8 HIGH LIFE, AUSTRALIA**  
 Cairns has got a whole lot more sophisticated with the opening of its first rooftop bar and restaurant, Rocco, at Riley Hotel. The view is stunning from the 12th floor, with 270-degree views of the city and the Coral Sea.

The hotel, which created quite a stir when it opened at the end of 2018, is part of the Crystalbrook collection and is the city's first new five-star hotel in 20 years. The drinks are just as important as the views at this sleek, sophisticated bar.

Choose from 40 single malt or blended whiskies, 30 champagnes or an interesting line-up of cocktails. The space is Mediterranean in style as is the food, which includes share dishes such as grilled sumac calamari or falafels with jalapeno sauce.

Favourite cocktails include the Puckerup with local honey, citrus, vodka, pomegranate and rose petals or Punch Pot, Moroccan mint green tea with gin. Of course, the best seats are those on the outdoor terrace. ➤  
[crystalbrookcollection.com](http://crystalbrookcollection.com)



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10 best new things



Tide and motion ... Vanuatu's White Grass dive resort (above and right) has new villas; the new Xiqu Centre in Hong Kong is dedicated to Cantonese opera (top right and far right).



9 DIVE UPGRADE, VANUATU

On the Vanuatuan island of Tanna, snorkelling is a big attraction due to the interesting coral formations, underwater caves and crystal-clear water.

The PADI diving facilities have been expanded at White Grass resort recently. Divers can see dugongs, turtles and blue-spotted rays, and it's a great place to spot whales between July and September.

The resort has also added attractive new family villas. The plantation-style villas with verandahs feature ceramic tiles, local furniture made from hardwood and a kitchenette. Popular dishes on the restaurant menu include local seafood, Vanuatuan beef and organic vegetables.

[whitegrasstanna.com](http://whitegrasstanna.com)

10 OPERA REVIVAL, HONG KONG

A striking new theatre complex dedicated to Cantonese opera opened in Hong Kong's West Kowloon Cultural District earlier in the year.

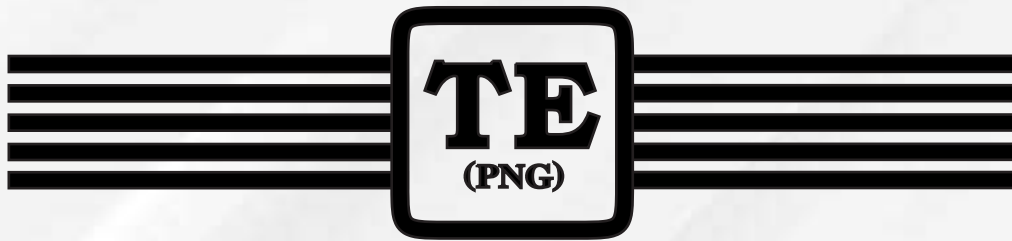
The Xiqu Centre comprises a suspended 1000-seat grand theatre, two sky gardens and a smaller Tea House theatre. The timing is perfect as 2019 marks the 10th anniversary of Cantonese opera being added

to the UNESCO list of intangible cultural heritage.

The centre is the first part of the huge West Kowloon Cultural District to open. Large-scale productions are held in the grand theatre and smaller shows in the Tea House, and there are also film screenings, workshops and talks. Visitors can get guided tours around the \$US340 million (PGK1148 million) centre. ■ [westkowloon.hk/en/xiqu-centre](http://westkowloon.hk/en/xiqu-centre)







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COUNTRY GUIDE:

# Solomon Islands

*Bronwen Gora* discovers a quiet island paradise of palm-fringed golden beaches, friendly Melanesian people and some of the best diving, swimming and surfing in the world.

The Solomon Islands is a classic tropical paradise, virtually untouched by commercial development. The archipelago stretching between Papua New Guinea and Vanuatu is known for being one of the world's best scuba diving and surfing destinations, uncrowded and awash with palm-fringed golden beaches,

lush rainforests, exotic orchids, abundant marine life and spectacular coral reefs. Fully independent since 1978, the Solomon Islands comprises six major islands and over 990 smaller islands. The main island, Guadalcanal, is home to the capital, Honiara. Visitors usually spend a few days here before visiting other popular

areas such as Gizo, Munda, Uepi and Tulagi. The Solomon Islands is famous as a major World War 2 battleground between US and Japanese forces. About 1200 aircraft and 60 planes ended up 'lost' below the ocean, a legacy that has helped create the destination's prosperous diving industry.

The nation is again being thrust into the spotlight but this time by a recently launched government campaign aiming to double international visitation to 60,000 by 2025 ([visitsolomons.com.sb](http://visitsolomons.com.sb)).



**GETTING AROUND**

Honiara's CBD is small and easy to walk around (the tallest high rise is 12 storeys). Taxis are plentiful and can be flagged down easily. All are unmetered, so strike a fare before you ride. Public mini buses are used mostly by locals.

Hire cars are available, though the best option is hiring a private driver or booking a tour with Tour Solomons (travel-solomons.com) the main tour operator in central Honiara.

Domestic flights service around 20 smaller airstrips across the archipelago, while getting around in the outer islands is done by ferry, with Go West Transport, *MV 360 Discovery* or *MV Pelican Express* (visitsolomons.com.sb/plan-your-adventure/how-to-get-around).

If sailing a yacht, be aware each province requires notification of a visit before going onshore and *kastom* fees are generally required to be paid.

**SIGHTS**

Honiara highlights include the Central Market, Chinatown and the impressive World War 2 Guadalcanal American Memorial (abmc.gov/cemeteries-memorials/pacific/guadalcanal-memorial).

The memorial is five minutes by taxi from the CBD on a hill overlooking Honiara and has four directional walls pointing to the four major battle areas; each wall is inscribed with detailed descriptions of the battles between Allied Forces and the Japanese in the 1942 Guadalcanal campaign. Battlefield tours also offer great insight (battlefields.com.au).

Central Market is the country's principal food market, sprawling an entire block between Mendana Avenue and the seafront, and overflowing with colourful



produce from outlying islands, plus traditional crafts.

Tenaru Falls is one of the most accessible and spectacular of the many waterfalls and reached by a flat, shady four-hour walk (return) from Tenaru village, near Honiara. More challenging is the hike to Mataniko Falls from Lelei village in Honiara's hinterland (visitsolomons.com.sb).

The Western Province (including Gizo, Munda and Uepi Island) is a major destination for superb snorkelling and scuba diving, as are Tulagi and Savo, a two-hour boat ride from Honiara.

Tulagi, the Solomons' former capital, is renowned for fabulous wrecks close to shore.

Nature buffs are spoilt for choice: one is to visit Savo, a 45-minute drive and short boat ride north of Honiara, to see its wild dolphin nursery, active volcano, and coconut groves, to soak in hot springs and marvel at a megapode field where hundreds of birds lay eggs in the thermal sands. ▶

**Island hopping ... the Solomon Islands archipelago comprises more than 900 islands (opposite page); there are World War 2 remnants and wrecks to see.**

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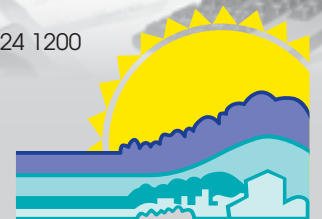
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Country guide: Solomon Islands

**SOLOMON ISLANDS SPECIAL**

Scuba diving and snorkelling here are legendary. Blessed with exceptional marine diversity, stunningly healthy reefs and hundreds of spectacular World War 2 wrecks, divers are spoilt for choice.

Surfing too comes a close second, with many uncrowded pristine breaks.

Some of the most famous dives are in Iron Bottom Sound, between Honiara and the Florida Islands, so named for its multitude of sunken war ships and aircraft. Bilikiki Cruises (bilikiki.com) in Honiara and Tulagi Dive (tulagidive.com) offer liveaboard and day trips.

Among the largest and most impressive wrecks are the *Toa Maru*, a 140-metre long Japanese freighter lying off Gizo and, off Tula-

gi, the huge USS *Kanawha* and the USS *Aaron Ward*. A crashed F6F Hellcat bomber lies in nine metres of water off Kolombangara Island (divegizo.com).

Grand Central Station, off Gizo, is a hugely popular reef. South Marovo Lagoon is well known for spectacular coral and dramatic reef drop-offs, and Munda offers a good balance of wrecks and reef.

The fourth annual Solomon Islands Dive Festival (visitsolomons.com.sb) will be held in Western Province from September 28 until October 5.

The best surfing conditions are between October and April. Find the longest right-hander in the Solomon Islands off Skull Island – a two-hour boat trip ➤



Breathtaking ... divers and snorkellers are spoilt in the Solomons with healthy reefs and fascinating war wrecks to see under the water.



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Country guide: Solomon Islands



Seaside luxury ... the Fatboys Resort in Gizo.

from Munda or 20 minutes from Zipola Habu Resort – on Lola Island (surfsolomons.com).

**CULTURE VULTURE**

The island nation is still steeped in Melanesian traditions, making it worth seeking out significant cultural events such as the Shell Money Festival on Malaita in August and the Wagosia Spear

Throwing Festival every June on East Makira (visitsolomons.com.sb/things-to-do/events).

The former is a three-day cultural celebration based around traditional uses of shell money, once the country’s traditional currency. Shell money is still used today for settling disputes, bride price and gifts.

**RETAIL THERAPY**

With no department stores or any real Western style shopping, the Solomon Islands is one of the best destinations for collecting high-quality traditional crafts from local markets, especially shell money necklaces and woven wicker war shields.

Other handmade objects sold widely include beautifully carved items of stone, wood and ebony, and finely woven baskets and pandanus shoulder bags. In Honiara, JJ’s is a general souvenir shop and there is a craft market adjacent the Heritage Park Hotel. ➤



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Country guide: Solomon Islands

**PILLOW TALK**

Aside from several main hotels and resorts, the majority of accommodation is a mix of simple home stays, guest lodges and beach bungalows. Eco-resorts are growing in number.

Honiara has high-quality tourist hotels, the Heritage Park (heritageparkhotel.com.sb) being the premier business traveller property close to government and business centres.

Solomon Kitano Mendana Hotel (kitanomendana.com/en) is popular

and the Coral Sea Resort & Casino (coral-sea-resort.com) specialises in fine dining and can organise game-fishing tours.

In Gizo, Fatboys Resort (solomonislandsfatboys.com.au) is in a particularly idyllic setting by a turquoise lagoon. Marau Sound in Central Province offers the country's most luxe property, Tavanipupu Island Resort (tavanipupu.com.sb). Savo Island's Sunset Lodge has basic rooms and can arrange village tours.

**EATS**

Fresh seafood stars in most meals, and excellent Chinese and Indian cuisine can be found in Honiara. Find top quality Japanese at Hakubai in the Kitano Mendana Hotel (kitanomendana.com/en/restaurant/index.html) and very good European cuisine at Hadyns Steakhouse (coral-sea-resort.com/dining).

**WATERING HOLES**

Honiara's hot spots are the Iron Bottom Sound bar in the

IBS Hotel (ibsmoarchotel.com) and the waterfront Splash Bar at the Heritage Park Hotel (heritageparkhotel.com.sb/waterfront-bar-and-grill). Both have live bands – reggae is popular here – and can be quite lively. Travellers will find bars scattered through outer-lying islands. ■

**See our Solomon Islands business guide, starting on Page 126.**

**SOLOMON ISLANDS**

**POPULATION:** 650,000 (Honiara 65,000)

**LANGUAGE:** English and Solomons Pijin (closely related to Tok Pisin)

**TAXI FROM AIRPORT:** Honiara International Airport to Honiara CBD, SBD150 flat rate (about PGK60)

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Country guide: Solomon Islands



Bodywork ... Melanesian traditions, including body paint, traditional dress and cultural performances can be seen in the Solomons.



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PICTURES: TIM RICHARDS & TASTE CULTURE FOOD TOUR



# A taste of the Middle East, in Australia

Tim Richards goes on a food adventure in one of the lesser-known areas of Sydney.

I'd never heard of Merrylands before, but I like what I see of this suburb in Sydney's west – especially since I'm seated in a Syrian restaurant with a tour group, waiting to be fed.

This food tour is run by Taste, a social enterprise that promotes cross-cultural understanding. Merrylands is home to many migrants from Afghanistan and Iran, so we'll be enjoying those cuisines in particular.

We start, however, with Syrian dishes, a late breakfast of crisp falafel dipped in tahini sauce; *ful*, made from beans with lemon, tomato and garlic; and *fatteh*, a chickpea yoghurt bake.

It's all delicious, and our pleasure is amplified by the decor of the Al Shami restaurant, with its hanging plants, decorative tiles and indoor water feature.

"I love to show off western Sydney," says our guide, Alaa, a young woman who migrated from Syria three years before. "This is how we're gifted in Australia – we can travel the world without leaving the city."

I'd be happy to stay put, especially when the *booza* (Syrian ice cream) shows up studded with pistachios. But there's much more to discover on Merrylands' diverse streets, including the output of Green Wheat, an Afghan-style bakery.

Alaa buys a long flat loaf of bread just out of a tandoori oven, and we tear off pieces and smear them with an orange-coloured mystery spread. It turns out to be a carrot jam from Iran, the first surprise of the day.

The Ryyan Supermarket is packed with foodstuffs from the Middle East, including many types of nuts. Here we're given a taste of a traditional snack, a paste made from olives, pomegranates and walnuts.

The food intake increases in intensity as we walk. At the family owned Biber Diner we're served a selection of pides, while jaunty Turkish music plays and smoke rises from the bed of hot charcoal behind the counter.

From the busy Kebab Al-Hojat we secure Afghan-style chicken kebabs, yellow with turmeric, and eat them on benches on the street. We chase these with pomegranate juice, which has a deep, tart flavour, cool and refreshing on this warm day.

We've been warned about how much food will be provided on the tour, and I can feel myself filling up. But there's still a plate of Afghan dumplings to enjoy in the sun outside Kabul House, each filled with spicy lamb or chives, and dipped in a yoghurt-based sauce.

The finale of the tour comes at Asal Sweet, a cake shop selling Persian-style sweets. As a final test of our overloaded senses, Alaa asks us to guess the key ingredients in a selection of delicious pastries. After some guesswork we hit upon the answer: saffron and rosewater.

On my walk back to Merrylands train station, I'm feeling sated and satisfied. I've learned a lot about this corner of Sydney, and I won't need dinner later. ■



## NEED TO KNOW

**TOURING THERE** The Taste of Afghanistan, Syria and Persia tour costs \$AUD99 (about PGK230) for adults. Make bookings at [tastetours.com.au](http://tastetours.com.au).

**STAYING THERE** The Novotel Sydney Central is an easy train ride from Merrylands, see [novotelsydneycentral.com.au](http://novotelsydneycentral.com.au).

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





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## AIRPORT REVIEW

BY FIONA HARPER



# CAIRNS INTERNATIONAL AIRPORT



PICTURES: FIONA HARPER &amp; CAIRNS AIRPORT



## → WHERE

Cairns International Airport has a coastal location on the northern fringe of Cairns CBD.

## → AIRPORT CODE

CNS

## → WEBSITE

[cairnsairport.com.au](http://cairnsairport.com.au)

## → TERMINALS

Cairns international terminal (T1) and Cairns domestic terminal (T2) are easily accessible to each other via a covered external walkway. Cairns Airport was voted fourth from 550 contenders as the best regional airport in the 2019 Skytrax World Airport Awards.

## → LOUNGE ACCESS

T1 Reef Lounge is open to Air Niugini Executive Club gold members on presentation of valid membership card. It's open daily, from 4.30am to 3pm. Food and drinks are available. Facilities include showers, work stations and luggage storage. Virgin and Qantas lounges are located in T2.

## → DISTANCE TO CBD

The airport is just six kilometres from the Cairns CBD.

## → TAXIS & HIRE CARS

All the major hire car companies (Avis, Budget, Thrifty, Hertz, Europcar and Redspot) are represented with counters at both T1 and T2.



Taxi ranks are located outside each terminal and it costs approximately \$AUD20 (about PGK45) to the city.



## → OTHER TRANSPORT

Uber operates from T1 and T2. Sun Palm Transport ([sunpalmtransport.com.au](http://sunpalmtransport.com.au)) operates the only accredited airport shuttle service to the CBD, northern beaches and Port Douglas. Airport Connect is a bus service that links the airport with the city's public bus network.

## → WI-FI

Free Wi-Fi is available in 60-minute blocks at T1 and 30-minute blocks at T2, via the 'Airport Free Wi-Fi' network.





➤ **WHAT ELSE**

Volunteer airport ambassadors rove the terminals ready to help travellers find their way. Look out for their aquamarine shirts if you need assistance.

➤ **FAVOURITE CORNER**

Cairns Airport is small enough that it's easy to go outside to breathe in the fresh tropical air. Enjoy the public artwork in the form of a stand of beautifully etched cast aluminium termite mounds outside T2, crafted by Aboriginal artist Thanakupi.

➤ **SHOPS**

T1 has a duty-free outlet along with a small selection of retail stores selling souvenirs, handcrafts, clothing, books and magazines. Food and beverage outlets circle the departure lounge and boarding gates. T2 has clothing, book, confectionery and pharmacy outlets.



➤ **CLOSEST HOTELS**

Downtown Cairns is your best bet to find nearby hotels. The newest five-star hotel is Riley – a Crystalbrook Collection Resort overlooking the waterfront, but there are plenty of tried-and-true favourites like the Pullman, Doubletree by Hilton, Shangri-la and Novotel within the city precinct.



➤ **FOOD & DRINK**

T2 is undergoing an upgrade, with 13 new food and beverage outlets planned from vendors who have been awarded space for creatively incorporating local produce in their menus. With improvements to be completed by the end of 2020, in the meantime a central food court has fast food outlets, a bar and cafes. An external garden is available for smokers. ■

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



# PNG REVIEW: THE SANCTUARY HOTEL RESORT & SPA

Section 276, 60 Pitpit Street, North Waigani, Port Moresby, Tel. +675 303 7400

**WHO STAYS?** Business and leisure travellers.

**HOW BIG?** 64 keys

**COST** Standard rooms from PGK400.

**CHECK IN** 2pm

**CHECK OUT** 11am

**HIGHLIGHTS** The hotel makes the effort to showcase Papua New Guinean products. Local craftsmen have been employed to produce all of the hotel's furniture. Tables, chairs and beds are custom-made to suit each room. The hotel's aviary (pictured, inset) includes the bird of paradise.

**NEARBY** Close to Parliament House, the National Museum and Art Gallery, the Port Moresby Golf Course, the airport, Vision City Shopping Mall, Sir John Guise Stadium and the University of PNG.

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



## LOCATION

The Sanctuary Hotel & Spa is 10 minutes from the airport, five minutes from the National Convention Centre, and close to government offices in Waigani.

## THE PLACE

The Sanctuary opened two years ago and is the sister hotel of the Rapopo Plantation Resort in Kokopo. For business travellers, it has a business centre and two conference rooms. It also has rooms and facilities with ramps for people with disabilities. For a bit of pampering, the Lingzhi Serenity Spa has a good range of treatments.

## IN THE ROOM

Air conditioning, room safe, bathroom amenities, coffee and tea-making facilities, a mini-bar, fridge and a freestanding fan are among the standard inclusions. There's also in-room dining and 24-hour housekeeping.

## FOOD AND DRINK

The restaurant has an open kitchen and a traditional PNG menu with a contemporary edge. Ingredients are locally sourced, including herbs that come from the Sanctuary's own herb garden. Freshly made juices are popular; be sure to try the *kulau* (green coconut juice).

## WHAT GUESTS LIKE

"There is nowhere else in town that offers the same mix of warm decor, greenery, wildlife and genuine friendliness." – TripAdvisor

"Our room was sparkling clean and air conditioned, with a view of the pool. The leafy green outlook was a bonus. Best thing was the Balinese massage at the spa." – TripAdvisor.

"Amazing option for Port Moresby. A little oasis of trees, animal and water. Feels like a comfortable beach resort in the best possible way. Staff have the same genuine warmth as in Rapopo." – Hotel.com.au ■





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# INTERNATIONAL REVIEW: VOLIVOLI RESORT, FIJI

volivoli.com, Tel. +679 9920942

**WHO STAYS?** Divers, families and couples, plus expats from Suva and Nadi.

**HOW BIG?** 32 ocean view rooms spread over seven hectares.

**COST** From FJD485 (about PGK768) including taxes for up to four guests in a standard room, plus mandatory food package of FJD120 (about PGK190) per person for breakfast and dinner.

**CHECK IN** 2pm

**CHECK OUT** 10am

**HIGHLIGHTS** Warm, welcoming staff and excellent food. A stunning base from which to explore a lesser-known part of Fiji. World-class diving right offshore.

**NEARBY** Drive 10 minutes to explore Rakiraki town and its local market. An extensive array of excursions further afield includes bamboo rafting, waterfalls, caves, local village visits and mountain trekking.

<b>Wi-Fi in rooms/public areas:</b>	✓
<b>Fee for Wi-Fi:</b>	✓
<b>TV (available in Nuku Bar only):</b>	✓
<b>Air conditioning in room:</b>	✓
<b>Ceiling fans in room:</b>	✓
<b>Business centre:</b>	✗
<b>Gym:</b>	✗
<b>Room service:</b>	✗
<b>Swimming pool:</b>	✓
<b>Free airport transfers:</b>	✗
<b>Hotel arranges tours:</b>	✓
<b>Breakfast included in room charge:</b>	✓



## LOCATION

The resort is on the northern most point of Viti Levu, a 10-minute drive from Rakiraki town and two and a half hours from Nadi. Set against lush green mountains and overlooking Bligh Water, it's ideally situated to explore the rugged north shore as well as the world-class dive sites of Vatu-I-Ra Channel, reputed to be the soft-coral capital of Fiji.

## THE PLACE

This property makes the most of its headland location with rooms that cascade down to the beach, ensuring sea views throughout. It's luxurious yet homely and unpretentious, inviting a barefoot lifestyle. Winding paths lined with hibiscus and fragrant frangipani lead to the day spa and in-house dive shop. In 2018 it won the ANZ Fiji Excellence in Tourism 2018 Award for quality accommodation.

## ROOMS

Four room types cater to all budgets, but even standard rooms have uninterrupted ocean views. Premium villas are freestanding with a sunken lounge and small kitchenette, and

offer a private patio with sun lounges. New ocean-front villas have two bedrooms and a private swimming pool. Rooms are finished to a high quality using sustainable hardwoods and feature Fijian-influenced decor.

## FOOD AND DRINK

Nuku Bar and Grill is the main restaurant with open-air views across Bligh Water. Though the vibe is relaxed, the Fijian and fusion cuisine is five star, and almost all dishes are made from scratch using produce sourced from local farms. The resort even makes its own cheeses. Right on the beach, Ra Bar & Restaurant lets you sink your feet in the sand while enjoying wood-fired pizza. Beanbags and sun lounges are the go at the Pool Bar.

## WHAT GUESTS LIKE

"Amazing location, facilities, staff and food. An off-the-beaten path experience. Exceeded expectations." – Expedia

"If you want a great dive adventure that also caters to non-diving family and friends then you need to visit Volivoli." – TripAdvisor







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## THREE OF A KIND: HOT SPRINGS



### GARU HOT RIVER, WEST NEW BRITAIN, PNG

For weary adventurers, there is perhaps nothing more luxurious than dipping into the steaming waters of a natural hot spring. The Garu Hot River, a 40-minute drive from Walindi Plantation Resort in West New Britain, is thermally heated to about 37 degrees and is surrounded by rainforest and a small waterfall. Thanks to its volcanic source, the waters are naturally rich in minerals and high in sulphur, which reduces inflammation and is said to heal skin disorders. You can think of it as a natural spa experience, one that supposedly leaves your skin and hair feeling soft and your soul feeling mellow.

#### SOMETHING SPECIAL

Mineral-rich red mud, unique to the area, is found along the riverbanks of these springs and is excellent for exfoliating. Slather it on as a face mask, or indeed over your entire body. Your skin will thank you.

#### WHERE TO STAY

Set on the shores of Kimbe Bay, family owned Walindi Plantation Resort has 12 thatched-roof bungalows and eight smaller rooms set in the rainforest, and is close to dive sites that guests can explore on their liveboard boat. See our Walindi story on Page 34, and [walindifebrina.com](http://walindifebrina.com).

### AMAGISO ONSEN, SHIZUOKA PREFECTURE, JAPAN

In volcano-smattered Japan, bathing in an *onsen* (Japanese hot spring) is a deeply ingrained part of the culture. Travellers, too, have been drawn to Japan for its curative hot springs for centuries. One of the most impressive is Amagiso *onsen* (above), situated in a lush valley that's a 90-minute ride on the Shinkansen train from Tokyo. Set within a modern *ryokan* (a Japanese traditional inn) there are 28 indoor and outdoor hot spring baths to choose from, including baths set inside caves and beneath waterfalls. Outside springs are mixed gender so everyone must wear a bathing suit – but inside, in true Japanese style, bathers are naked, with baths separated by gender. The springs are open 24 hours a day, so you can also look forward to bathing by the light of the moon.

#### SOMETHING SPECIAL

Visit Amagiso in February and you'll be able to take a shuttle bus out to see the cherry blossoms in bloom. In summer, you can take the same bus to the beach, 10 minutes away.

#### WHERE TO STAY

Amagiso has 44 Japanese-style tatami mat and futon rooms set over three storeys, some with their own indoor and outdoor private hot spring baths. See [amagisou.jp](http://amagisou.jp).

### BANJAR HOT SPRINGS, NORTH BALI, INDONESIA

Set within landscaped gardens in unspoilt, lesser-developed North Bali, about five kilometres from the Lovina coast, are the centuries-old Banjar hot springs. Known locally as 'Air Panas', they are considered sacred by locals and are the perfect place to disconnect from the outside world. There are three public pools and one private pool to choose from, filled with sulfur-rich, 38-degree water that is as good for your body as it is for your mind. Open daily from 8.30am to 5.30pm; see [banjarhotspring.co.id](http://banjarhotspring.co.id).

#### SOMETHING SPECIAL

This being Bali, one of the massage capitals of the world, visitors can also indulge in post-soak massages and body scrubs.

#### WHERE TO STAY

With views of the jungle, the ocean and distant volcanoes, the Damai offers antique-filled villas, a pool to lounge by, and a well-regarded restaurant that uses produce from their own organic farm. See [damai.com](http://damai.com).





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## AUGUST 2019

- \* SEPIK RIVER CROCODILE FESTIVAL, 5 - 7
- \* BOUGAINVILLE CHOCOLATE FESTIVAL, 7 - 8
- \* ENGA CULTURAL SHOW, 9 - 11
- \* HAGEN CULTURAL SHOW, 17 - 18

## SEPTEMBER 2019

- \* FRANGIPANI FESTIVAL, 13 - 14
- \* GOROKA SHOW, 13 - 15
- \* KUTUBU KUNDU & DIGASO FESTIVAL, 19 - 21
- \* HIRI MOALE FESTIVAL, 21 - 22

## OCTOBER 2019

- \* MOROBE SHOW, 12 - 13
- \* GOLDIES ESA'ALA CREATIVE FESTIVAL, 18 - 20

## NOVEMBER 2019

- \* KENU & KUNDU FESTIVAL, 1 - 3

## JULY 2019

- \* MASK FESTIVAL & WARWAGIRA, 10 - 14

*The magic of the mysterious fire dance at night in the jungle; colorful coral and fish of incredible diversity; playing with dolphins in the open sea; airplane and ship wrecks visible just by snorkeling; and the famous Mask Festival - the Rabaul Mask Festival was the trip of a lifetime!*

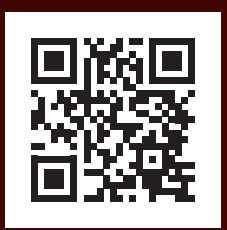
~ Alena Govorounova, visitor in East New Britain at the National Mask Festival & Warwagira

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TIME TRAVELLER

Port Moresby, 1976

Beauty queen Sayah Karukuru, pictured here boarding an Air Niugini flight, won the Miss Papua New Guinea title in 1976. From Iokea village, she was also a contestant in the controversial 1977 Miss World contest in which 10 of 62 beauty queens withdrew in protest at the presence of a white Miss South Africa. Karukuru was the first Papua New Guinean to compete in Miss World. After her time in the spotlight, she became a travel consultant.

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



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# SHOW TIME

Olga Fontanellaz is swept up in the song and dance of the annual Enga Show.

**T**he fierce-looking women are painted in rich, earthy colours and wear giant round hats made of moss. They are rhythmically jumping up and down in unison to the beat of drums.

“Suli Muli,” they sing loudly, a song that gave the name to their tribe in Enga Province.

The pounding and stamping of their feet reverberates through my chest and clouds of

dust rise from the ground. Next to the women are the dancing men. The men wear similar round hats, but they are made of their own hair, like the famous Huli Wigmen.

Hundreds of *sing-sing* groups are here with the Suli Muli, singing and dancing, their long feathers swaying to the rhythmic thumping of *kundu* drums.

Their contagious sound is the background

music for the next three days of the Enga Show in Wabag.

There are groups in exotic costumes, from grass skirts to fibre aprons, brightly painted faces and bodies, intricate headdresses made of green foliage, moss, couscous fur, birds of paradise and cassowary feathers, and skins decorated with dried nuts, kina shells, cowrie, and cassowary leg bones. ▶





Show time

“

The pounding and stamping of their feet reverberates through my chest and clouds of dust rise from the ground.

”

As the *sing-sing* groups parade into the showground, I am immediately drawn to a group of young men covered in clay and mud and wearing headgear made of moss, and decorated with white spots. I have never seen them before. They are the Lyano Spiders from the village of Lyano, known for its garden spiders.

All of a sudden, loud war-like cries and whooping sounds resonate in the air. Leaping forward and mock threatening a group of tourists with bows and arrows, Hewa people simulate age-old battles. ➤



In the spirit ... the Yakuman Yales *sing-sing* group from the Wapenamanda district of Enga Province (above); tribesmen wearing giant hats made of moss and fresh herbs (opposite page).



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Show time



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## Show time



At the show ... smoko for a Hewa tribesman (above); men from the Lyano Spiders *sing-sing* group (top right); VIP guests and committee members (right).



But soon, these warriors from Hela Province put down their weapons. Rubbing two stones together, they show their traditional fire-making technique. After the demonstration is over, one of the tribesmen, fancying a cigarette, reaches for a lighter. He clicks and clicks, but the lighter doesn't work. He grabs the stones. This time, the ancient method seems to work better.

For the past 25 years, the Enga Show has been a meeting point of *sing-sing* groups from different provinces, but recently the organising

committee decided to focus exclusively on Engan culture. The only exception given is to Hela Province because the two provinces are believed to share the same forefathers.

Resplendent with their vivid yellow-and-red-painted faces, the elaborate wigs made from human hair, and hornbill beaks on their backs, the Huli Wigmen from Hela Province are the most recognisable among all the tribes. Forming a perfect line, they jump up and down to the beat of drums. Once the dance is over,

they pose for photos, enjoying the attention of the spectators.

While the showground is a whirlwind of pounding feet and bouncing heads, local craftsmen demonstrate how they build traditional Engan houses and bridges, how they make their famous round hats using their own hair, and how they create sand paintings.

"I grind up coloured stones to get the fine sand of natural earthy colours," explains a passionate artist. ➤





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Show time



Back stage ... Enga tribesmen have time for a joke during early morning preparations (above); hundreds of *sing-sing* groups, local residents and adventurous tourists swell the crowd numbers at the show (right).



Sand painting isn't the only trademark of Enga Province.

The Engans are known for their salt. This grey salt, with distinctive flavour, comes from salt ponds at Laiagam, near Lake Sirunki, and was an important bride price item and barter commodity in the ancient trade routes.

The Engans traded salt all across the Highlands and down to the coast in exchange for steel axes and bush knives, clay pots, sago and kina shells. "We leave the logs of a special tree in water for several weeks so that the salt is dissolved in the wood. Then we dry and burn the wood, take the ashes

and strain the salt," explains Marcus, one of the few remaining traditional salt makers. ■

***The next Enga Show is in Wabag on August 9–11. See [engashow.com](http://engashow.com).***

 **Air Niugini flies from Port Moresby to Wapenamanda four times weekly. The airport is due to close for major works, so check online for updates. See [airniugini.com.pg](http://airniugini.com.pg).**





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PICTURES: NICOLA GAGE



If you're looking for a snapshot of daily life in Papua New Guinea, the best place to start is a local market. Before dawn breaks, the trucks begin transporting fresh produce in for the day. Agriculture remains the largest employer of Papua New Guineans, with about 80 per cent of the population still practising some form of subsistence farming, and there is huge growth potential. Here we take a look at what's happening on the ground in some of the markets around the country.

**BOROKO MARKET,  
PORT MORESBY**  
**Monday to Saturday, 7.30am to 5pm**

Around the corner from Port Moresby's National Football Stadium, this market on Bisini Parade in Boroko is relatively new. Hundreds of workers, including farmers from Sogeri and Magi, sell a diverse range of local fruit and vegetables. Through the day, trucks deliver fresh produce including bananas, juicy pineapple, sugar cane and *kangkong* (water spinach).

There's a large security presence on the ground and stalls seem orderly and structured. Female vendors say it's a safe place to work and prices are reasonable. I would say this is one of the best local markets in Port Moresby, not only because of the quality of produce sold but also the safety aspect. While car parking space can be an issue, security staff are always out the front to help assist with finding a space. It can get quite muddy in the wet season but overall it's a fantastic experience to purchase goods



“

No matter which Saturday you find yourself in Port Moresby, there will always be a bustling art and craft market to admire local works.

”

# TO MARKET, TO MARKET

*Nicola Gage and Grace Maribu visit some of PNG's major markets.*



Service with a smile ... a vendor at Boroko Market (left); fresh seafood at Koki Fish Market (above).

and meet the local community. Educational programs are run inside the market to help women with financial literacy and to support them improve management of their business. Some expats choose to bring their own security with them when they visit.

– NG

## **KOKI FISH MARKET, PORT MORESBY**

**Daily, 6am to 6pm**

If you're looking for the best catch of the day in Port Moresby, the Koki fish market is the place to go. Perched on the edge of the water on Healy Road, just along from Ela Beach, it's the main fresh seafood market in town, with produce ranging from mud crab and lobster to tuna, red emperor, garfish and eel. Wander the aisles and chat with local fishermen, who bring

their catch in each morning. It's a bustling environment filled with colour and life, and worth a visit just for the atmosphere. Workers can help gut your fish on site if need be (at a small price). If you don't live locally, we recommend bringing a guide with you, who can also help negotiate prices with fishermen. ➤

– NG



To market, to market



Made in PNG ... bilums on show at Port Moresby's craft market.

**SATURDAY CRAFT MARKETS, PORT MORESBY**

**8am to 1pm**

No matter which Saturday you find yourself in Port Moresby, there will always be a bustling art and craft market to admire local works. Laguna Hotel hosts its craft market on the first Saturday of the month, followed by the Moresby Arts Theatre on the second Saturday, then the Holiday Inn and Ela Beach craft market on the last Saturday of the month. All four markets have extensive collections of tribal masks, shields, carvings, paints and intricate weavings. Some artists move between all four

markets, so you'll find many items to be similar at each. With art galleries quite rare in Port Moresby, this really is a special experience to see what's on offer in terms of contemporary and traditional artists' works in PNG. And the best part is that you'll be able to meet some of the artists and chat with them about how they learnt their skills. Traditional dancers sometimes put on a show at the Ela Beach market.

– NG

**LAE MARKET**

**7am to 3.30pm**

Lae's main market is one of the region's best, known for its taros and bananas, for which

Morobe Province is renowned. The market has a huge variety of garden produce, harvested from the gardens of rural Morobeans and Highlanders who travel down from the Eastern and Western Highlands provinces. Live chickens and ducks are also sold here, along with flower seeds and seedlings. A craft section has been added recently, where you can find handicrafts and handmade jewellery of many kinds. The market is mostly covered and is safe inside. CCTV has been added by the Lae police recently, making it safer still. ▶

– GM







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To market, to market



Handmade and homegrown ... craft, clothing and produce at PNG markets.

**MADANG MARKET**

**Monday to Saturday, 7am to 5pm**

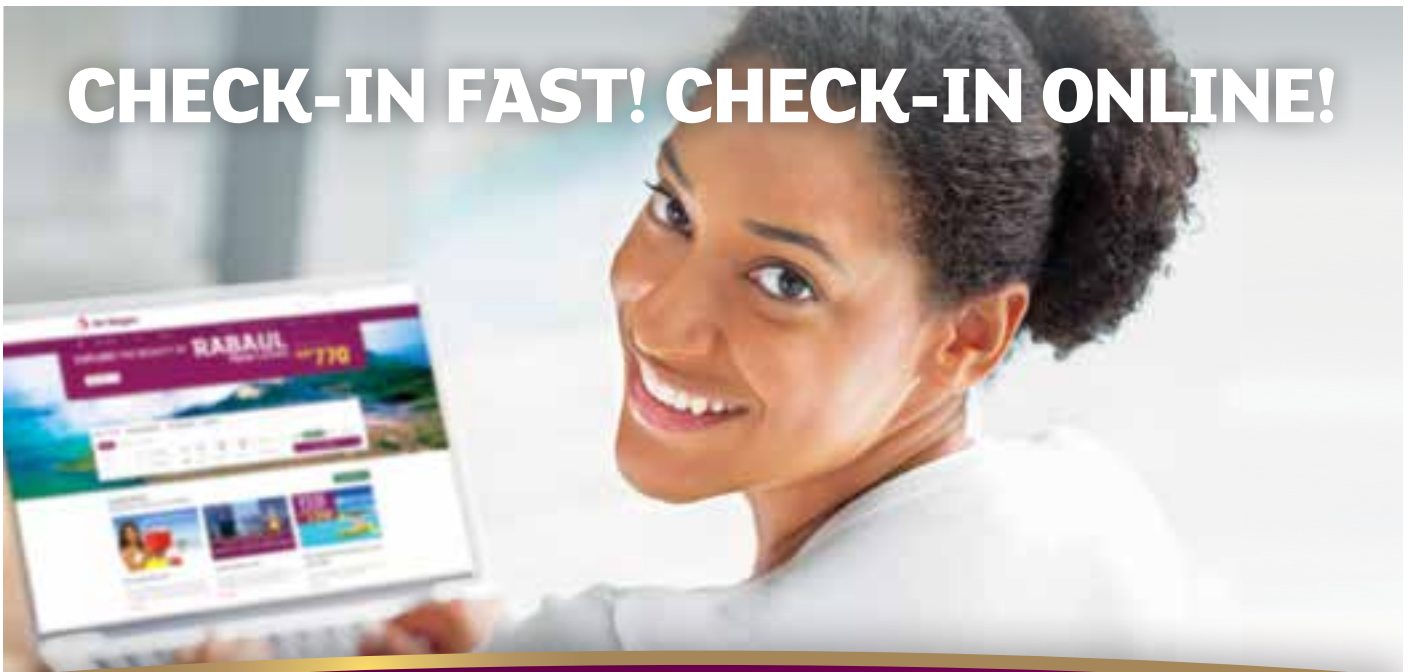
Right in the middle of Madang town and within walking distance of hotels (Madang Resort,

Madang Star International and Coastwatchers) is Madang market, a lively venue known for its *bilums*, fresh garden produce and smoked fish. The market has recently undergone a

major upgrade and is ordered into sections under a covered roof. Fresh garden produce is plentiful, with vendors coming from throughout the province as well as from the Highlands. The craft section is where you'll find baskets, bags, necklaces, *meri* blouses, and a variety of other goods, most of which are made by hand. Tourists visit Madang market for *bilums* from Karkar Island. They are defined by their red and black designs on the front and a plain back, and are made from natural plant fibre. Smoked fish, fried seashells, baked cassava and other local delicacies are also sold here. The market is under the watchful eye of security guards. There are no peddlers and haggling is not allowed inside the market.

– GM

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To market, to market



**KOKOPO MARKET**

**Monday to Saturday, 7am to 5pm**

This may be PNG's cleanest and safest market. It is frequented by locals and many tourists. With its covered roof and design that includes a central courtyard, the market is a peaceful haven for people wanting to escape the heat and noisiness of Kokopo. It's situated right next to the Kokopo bus stop and is beautifully sectioned according to the different produce and products that it sells – fresh garden vegetables on one side, nuts and fruit on the other, cooked food to one side, and handicrafts in another area. The courtyard has nice seating in the shade of frangipani trees, where you can sit and listen to a busker or Christian band while enjoying a *totogar* (a local delicacy cooked in leaves). Local clergymen also use the market forum area to preach. There is an ATM inside the market. Visitors vouch for its cleanliness and friendliness, and it's common for tourists to mingle with locals ➤

– GM

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To market, to market

**KAVIENG MARKET**

**Monday to Saturday, 7am to 5pm**

The Kavieng Town Council is currently building a new market closer to the town centre. It is expected to open by the end of the year. In the meantime, the Kavieng market remains right on the beach, next to Malangan Lodge. The market is covered under four long, open-sided buildings and sells everything from garden produce to seafood to cooked food and handicrafts. Seafood and fish, fresh and smoked, is plentiful and tourists regularly visit to sample the local cuisine. The market is safe, clean and friendly. – GM



Fresh from land and sea ... some of the food on offer at PNG markets.

PICTURE: ROBERT UPE



**WEWAK MARKET**

**Monday to Saturday, 7.30am to 3pm**

Whether it's coconuts, ginger, bananas or fresh greens that you're after, Wewak's main market in the centre of town has a bounty of options to choose from. Take in day-to-day life as you

wander through the aisles – the open space with breezy shelters overlooking the water makes it an enjoyable experience. It's also the best place in town to buy fresh, smoked or dried fish, as well as crab and other seafood. For those looking at purchasing some souvenirs, this

market has an extensive craft area, with a wide range of *bilum* bags, *meri* dresses, jewellery and other traditional items available at reasonable prices. Being in the centre of town, this really is a gathering hub for locals. ■ – NG



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# A RUNWAY SUCCESS

PNG's annual fashion week is giving the country's designers a leg up onto the national and international catwalk. *Grace Maribu* reports.

“

We are seeing a lot of Papua New Guineans feeling proud to wear PNG designs.

”



Into its fourth year, Papua New Guinea's annual Fashion and Design Week (PNGFWD) has emerged as a major platform for the fashion and design industry in the country.

Since the first runway in 2016, more components have been added to the program, including master classes and training for up-and-coming designers in fabric printing, pattern making, garment construction, business skills and marketing and communications.

It's estimated that more than 200 designers have received assistance of some sort.

Two runway fashion shows are scheduled this year, in Kokopo on June 29 and in Port Moresby on September 7, and from that event three designers will be chosen to showcase their work at the Pacific International Runway in Sydney, Australia, in November.

The founder and director of PNGFWD and chairperson of PNG Fashion Festival 2019, Janet Sios, is excited about the momentum the event has generated.

"I think the biggest thing for me is that we've created an industry that never existed before," she says.

"Another impact is that we are seeing a lot of Papua New Guineans feeling proud to wear PNG designs," Sios says.

"The potential here is so great. In Fiji, the Fiji Fashion Week drives the industry, so PNG Fashion & Design Week should drive the industry in PNG."

Unlike Fiji, considered the fashion hub of the smaller Pacific countries, PNG is only just beginning to explore fashion and design.

According to a recent report posted by the Fiji National University, Fiji employs over





On parade ... (clockwise from opposite page) the designs of Sarah Haoda-Todd, Natasha Tamanabae, Robin Morove; the first runway in 2016; the designs of Tamanabae; Kenny Ng; Annette Sete; Haoda-Todd

8000 people in the apparel industry, generating some \$US110 million.

Sios launched her first runway under the theme of 'Tribal Designs of PNG'. In 2017

the theme was 'Climate Change' while 2018 provided the opportunity to design for the 'Plus Size'. This year, PNGFDW draws the spotlight on people living with disabilities, with the >

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A runway success

theme 'Making Fashion Inclusive and Accessible for All'.

Because of its holistic approach to fashion and design, PNGFDW has received funding support from the Australian Government worth PGK500,000. The US and Indian governments have also provided financial assistance.

Designers to emerge through PNGFWD include Anna Amos, Florence Jaukae, Sarah Haoda-Todd, Tabu Pelei Warupi, Annette Sete, Natasha Tamanabae, Kenny Ng and Robin Morove.

Jaukae, who specialises in *bilum* products, has showcased in Europe through PNGFWD, as has Haoda-Todd. Amos and Warupi have participated in the Sydney runway and are now trainers leading PNGFWD workshops.

One of the biggest challenges facing the industry is manufacturing. With no apparel manufacturing industry in PNG, many designers are sending their work to Fiji for production, both in print making and construction.

Sios says this is handicapping PNG designers and she is urging government support for the garment industry. She says it could be a bona fide revenue earner for the country.

"Fashion and design is a serious industry in the world, but in PNG there is a wrong perception that it is only a 'hobby'," she says. ■

See [pngfashiondesign.com](http://pngfashiondesign.com).



*Bilum* influenced ... a creation by Florence Jaukae (right); founder Janet Sios (glasses) with fashion week facilitators (opposite page).





A runway success



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## MOUNTAIN VIEW RESTAURANT, LAE PNG REVIEW

**A**ny newcomer driving around Lae looking for a restaurant might get a shock. Options are not exactly conspicuous. The problem is not so much that Lae doesn't have decent eateries, it's that they are mostly quite well disguised.

So it is with the Mountain View Restaurant at the Crossroads Hotel on the road to Nadzab Airport. Not only is the location out of town, but even the hotel entrance is low-key, and there's no indication that it has a large, good-quality restaurant.

While the menu includes standard international fare (such as pasta) and a variety of Asian dishes, its signature dishes are Japanese, ranging from sushi/sashimi platters to rice and udon noodles.

I opted for the Goan fish curry, served with rice, naan bread and pappadums. Instead of cooking the fish with the curry sauce, this dish made a virtue of PNG's excellent fresh fish by simply adding a light homemade curry sauce to a delicious fish grilled separately.

If you prefer to dine al fresco (and get a proper mountain view), the first-floor restaurant also offers a terrace.

The Mountain View Restaurant is not trying to provide fine dining, but the food is surprisingly good, the service friendly and, like the hotel, it offers good value. ■



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9 Mile, Lae

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### WEB:

[crossroadshotellae.com/restaurant](http://crossroadshotellae.com/restaurant)

### STYLE:

Eclectic (Japanese, Asian, international, pizza)

### TYPICAL PRICES:

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### BYO:

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### OUR FAVOURITE DISH:

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### IN A WORD:

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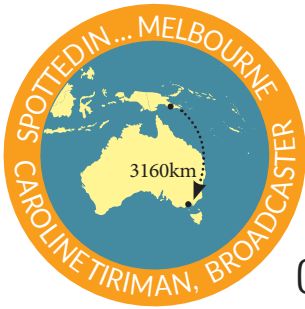
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# The runaway broadcaster

Caroline Tiriman, one of the most recognised voices in the Pacific, is retiring after more than 40 years behind the microphone. *Kevin McQuillan reports.*



Caroline Tiriman ... the village girl who became the voice of the Pacific after her father helped her 'run away'.

Caroline Tiriman was just 16 when her father helped her run away from her Rabaul home to Port Moresby, on a path that eventually led her to become one of the most recognised broadcasters in Melanesia.

Every morning at 11am at high school in Rabaul, Tiriman and her eighth-grade classmates would listen to the ABC news and current affairs program *Ring for the Record*.

"I didn't know where it was coming from. And so I used to wonder how did these people get into that radio," she says with a laugh.

The presenter was usually an Australian, but sometimes it was Papua New Guinean Pearson Vetuna, who later become her boss.

"I knew that he was from Rabaul and I thought maybe I could get a job like that too. It was hard (to establish a career), coming from a little village in East New Britain, but fate guided me," Tiriman says.

When she turned 16, her mother wanted her to stay at home to have a bride price (an arranged marriage).

"That really broke my heart, because I had plans to work and help my mum and dad with school fees because there were 10 of us."

She went to her father.

"He was really sympathetic. He was the cook for the local Catholic priests and had met a lot of clergy, from Germany, Ireland and Australia. He knew there was a whole new world out there. And so I think

"I enjoyed it because, at the time, the ABC had given over its broadcasting role to the new NBC. It was independence time.

"I was in awe of experienced broadcasters because I didn't

“

One thing that pushed me to work was the service to our people, especially those in rural areas. They are hungry for information.

”

he thought, 'maybe one of my children can get a job somewhere outside of my little village'. I am so thankful he had that vision."

She told the school's career officer she wanted a job, not to get married. He found her a clerical job in Port Moresby with the Post and Telegraph Office. Her father gave his permission for her to go.

"In fact, he helped me run away. He took me to the airport, put me on the plane and saw me off."

Four months later a job came up with the national broadcaster, NBC. It was a clerical position, but Tiriman thought it might lead to an on-air job. It did, and she ended up reporting health, the environment, conservation and agriculture.

know anything about broadcasting. It was on-the-job reporter training."

It also meant being sent to Sydney for training, and on one occasion, a Tok Pisin broadcasting job at Radio Australia was advertised. Four months later, the head of the Tok Pisin service, George Sivigs, called her to invite her to do a Tok Pisin language translation test.

"I was very scared. My first language was Kuanua, and English second. We rarely spoke Tok Pisin in the village. But George was very kind and said, 'stay calm, take it slowly but finish.'"

It took her 90 minutes to translate the 10-minute English language bulletin into Pidgin.

Four months later, Sivigs rang and offered her the job. "Inside I was screaming with delight but my poor darling dad had cancer. So I rang him at the hospital in Lae and told him I had a job in Australia. He said: 'Just go. I will be here when you come back. So just go.'"

He died on the weekend that Tiriman was due to go to Australia, so instead she went home to Rabaul for the funeral. A month later, she arrived in Melbourne and stayed for another 40 years.

"I have enjoyed every minute.

One thing that pushed me to work was the service to our people, especially those in rural areas. They are hungry for information and the only source they ever had for entertainment, news and current affairs was from Radio Australia through the short-wave service.

"Even today, NBC does not reach all parts of PNG. When the ABC cut its short-wave service three years ago, that was sad."

And retirement plans?

Tiriman plans to go home to Rabaul to see her family, chill out, listen to the birds and talk into the night with her relatives. She also wants to look for galip nuts and to eat some of the fresh, traditional PNG foods that she has missed while living in Australia. ■





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Jonathan Tuhu ... won the title of 'Supreme Champion' last December.

# FIGHTING MAN

*Richard Andrews comes face to face with PNG kickboxing champion Jonathan Tuhu.*

Tuhu has represented his country in tournaments around the world and sees himself as an 'ambassador' for PNG. This role is reflected in his fighting tag: 'The Black and Gold Kazagam'. (The colours refer to the PNG flag, while *kazagam* honours the name of a volcanic rock in his grandfather's village on Karkar Island, Madang Province.)

"Every time I fight, I carry our flag to the ring," says Tuhu. "People ask me where I'm from and I tell them about my country. I'm proud to promote PNG and what it can offer."

In this case, the country offers a softly spoken fighter with a rock-hard body and a volcanic energy that deals out blows with fists, elbows, knees and flying kicks.

Growing up in the Southern Highlands village of Poroma, Tuhu was inspired by his older brother to take up taekwondo at the age of nine. Sparring with local youths, he proved a natural fighter. As a teenager, he trained with a muay thai master in Port Moresby.

However, tough opponents in the ring aren't the only challenges Tuhu has faced in his career. Finding sponsors for training and travel costs was another battle for a young unknown eager to fight in overseas tournaments.

"I love the sport, but had to fund it all myself, with help from my family, friends and ordinary people," he says. To back his participation in ►

"Thanks here for putting PNG on the world map," posted one Facebook follower of professional kickboxer Jonathan Tuhu. Many shared the jubilation.

The 27-year-old fighter last December won the title of 'Supreme Champion' in the 65-kilogram category at the World Muaythai Council's Grand Extreme tournament in Hong Kong.

For Tuhu it was a sweet victory in more ways than one.

"I lost three previous attempts at the title," he says. "It felt excellent to finally win and lifted my morale."





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Fighting man



“

Every time I fight, I carry our flag to the ring. People ask me where I'm from and I tell them about my country. I'm proud to promote PNG.

”

the Hong Kong tournament, Tuhu also appealed to the PNG Sports Foundation for support and launched an online crowdfunding campaign.

Reaching out broadly created extra pressure on Tuhu to meet the expectations of such a wide range of followers. Nevertheless, he kept his cool in Hong Kong and took a strategic approach when facing his formidable Turkish opponent, Hasan Asinik.

“We fought three rounds of three minutes each,” says Tuhu. “Asinik won the first round on points, while I studied him.” After that, I knew

what to do and went after him, all in – elbows, knees, kicks, punches. Everything! I won the second and third rounds on points.”

Tuhu acknowledges it's no secret that such physical punishment results in many injuries and the ordeal doesn't end with the final bell.

“Muay thai is an intense contact sport,” he says. “But we know how to heal ourselves. Straight after each fight, I do stretches and stay in an ice bath that night.”

Many martial artists consider muay thai the ultimate in unarmed combat. The sport's

Ready for combat ... Jonathan Tuhu (left and opposite page) says he is proud to represent his country.



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Fighting man

origins date back to Thailand’s wars with the Burmese during the 15th century. One legendary fighter, Nai Khanom Tom, reputedly took on and defeated nine enemy opponents.

Muay thai is now a nationally televised event in Thailand, but fortunately fighters are no longer required to wrap their fists in thick horsehide trimmed with cotton that’s soaked in glue and broken glass.

While padded boxing gloves are a modern introduction, many of the warrior traditions are maintained. Tuhu says the sport has ceremonies and rituals, which must be respected.

“I started training in Thailand in 2015 and got involved with the culture. For example, before each match I wear a traditional headpiece, called a *mongkol*. It means holy spirit, luck and protection.”

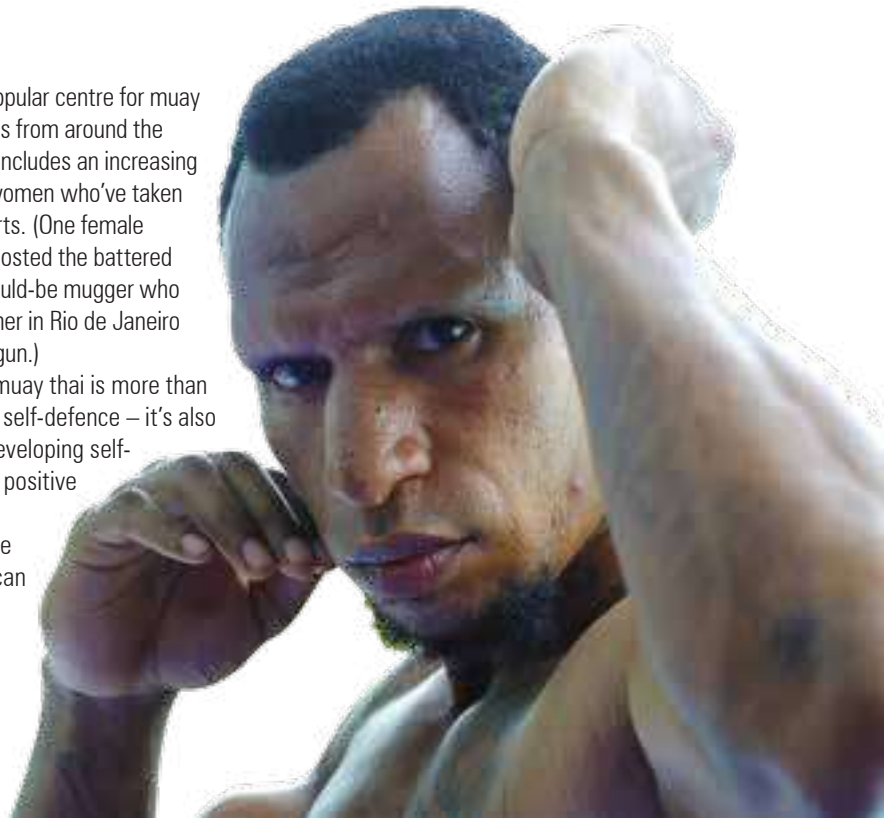
After winning in Hong Kong, Tuhu “carried the name of PNG” on a fighting tour of mainland China, before returning to Port Moresby.

During the tour, he took time off for a spell at a training camp on Phuket. The southern Thai

island is a popular centre for muay thai devotees from around the world. That includes an increasing number of women who’ve taken up martial arts. (One female fighter has posted the battered face of a would-be mugger who tried to rob her in Rio de Janeiro with a fake gun.)

For Tuhu, muay thai is more than fighting and self-defence – it’s also a way of “developing self-respect and positive thinking.”

“I feel more confident I can do anything now.” ■



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## MY PNG

BY SIRIA BIHORO

# The warrior's crossing

The construction of traditional cane bridges in PNG is steeped in superstition.

**H**ave you ever seen the jaw-dropping traditional hand-made cane bridge in the Garaina Valley in Morobe Province? Known as a *waria kanda bris* (warrior cane bridge), it is spectacular piece of craft, constructed with skills passed on from previous generations.

A lot of superstition surrounds the construction of a cane bridge, which is a very complicated process.

The bridge is built by the *hausmahn* (a sacred house for boys and men). There is only one *hausmahn* in the community where all the clans

“

In the deepest parts of the tropical rainforest, the men invite the spirits of their ancestors, rivers and mountains, calling each spirit by its name.

”

meet, the *Poro Guhu*. There is one head chief in the *hausmahn* and he is known as the *Poro Mai* (father of the house). He oversees the entire bridge construction.

Culturally, women are not allowed to watch the construction. Instead, they participate in food preparation and gathering cane. They journey through some tough terrain to collect the best cane, and they either help prepare food or supply crops from their gardens.

The feasting and the call to ancestral spirits are key factors in the bridge construction.



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The feasting motivates the men who will build. Certain foods – like taro, yam and rare ferns – are brought to the kitchens to be cooked by the women. Sweet potatoes and cassava, on the other hand, are not accepted in the food contribution, because they are such easy crops to grow.

In the deepest parts of the tropical rainforest, the men invite the spirits of their ancestors, rivers and mountains, calling each spirit by its name. When the men sense a response to their calls the construction begins at dawn.

Because it is so wide, it is impossible to throw anything over the river. An elderly man ties a single cane to a Y-shaped twig. He takes the twig in his hand, and whispers a few words to the cane. Gently he releases the cane from the twig into the flowing river. The cane floats on an intended path through the fast-flowing currents of the mighty Waria River.

When the lone cane reaches the men on the opposite riverbank it must be swiftly caught before it sinks. This shows appreciation

of how far the lone cane has come. If the cane is not caught, it is believed that someone may befall a serious accident during the construction.

To prevent this, they must slaughter a pig in humble apology to the spirits that helped the light cane cross the fast-flowing river.

Every other cane following is pulled across using the first cane (as a pulley) and weaved neatly. They are securely and firmly tied to nearby trees. Finally, the last cane is tied at the highest point. This task is performed by the lightest boy in the team.

Upon completion, the cane bridge should last for more than a decade. ■

***'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.***



Balancing act ... two locals cross the intricately woven cane bridge in the Garaina Valley.

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# MINUTE EXPERT

BY PENNY WATSON

## CHOPSTICKS

In the time it takes you to read this page, you'll become an expert on chopsticks.

**W**hen you can pick up a single peanut with chopsticks without sending it flying into your mother-in-law's jasmine tea, life takes on Zen-like calm.

### WHAT ARE THEY?

Chopsticks come in twos. They are smooth, tapered sticks of equal length (commonly between 23 and 27 centimetres) that are made from lightweight disposable wood (for takeaways), melamine (big in the '70s), bamboo (the new black), stainless steel (extra challenging) and even silver or jade (for special occasions).

### WHERE ARE THEY USED?

Chopsticks originated in China thousands of years ago and have since become the cutlery of choice across China, Hong Kong, Taiwan, Macau, Singapore, Japan and Korea. They're also used to a lesser extent in South and South-East Asian nations such as Thailand, Vietnam, Cambodia, Malaysia and Nepal for eating noodle dishes, but you'll find forks and spoons are available too. In the Philippines, chopsticks are a rarity unless you're of Chinese descent. In Papua New Guinea, and Asia-Pacific western countries such as Australia, chopsticks are the norm in restaurants serving appropriate Asian cuisine.

### HOW DO YOU HOLD THEM?

'With great difficulty' is the short answer. But time and practice help. The lower chopstick is



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held tight between the base of the thumb and the middle and ring fingers, leaving the top of the thumb and the index finger to move the second chopstick up and down. It's this motion that enables you to deftly pincer the food.

#### HOW DO YOU EAT RICE WITH CHOPSTICKS?

Eating rice from a bowl is one of the easier ways to use chopsticks. Bring the bowl to your mouth and shovel the rice in with the two chopsticks wedged together. (But don't do this in Korea where it's considered uncouth.)

#### CHOPSTICK ETIQUETTE?

Chopstick etiquette varies from nation to nation but there are some basics to adhere to. In restaurants, use the communal

chopsticks (usually a different colour) to retrieve food from shared dishes. Then use your own chopsticks to eat food from your plate. In China, keep your palms up when taking food from a communal dish – rather than rudely showing your knuckles; allow elders to take the lead in picking up chopsticks first when seated around a table. In Korea, chopsticks are placed on the right side of the plate to the left of the spoon. In Japan, chopsticks should lie above the plate with the tapered ends on the left.

#### ANYTHING TO AVOID?

There are lots of *don'ts*. Much like knife-and-fork etiquette, don't point with your chopsticks, wave them around or tap them on the edge of your bowl, or generally use them as a means

of gesticulation. Don't leave them upended in the bowl (it's a symbol of death); instead, rest them on top of your plate or bowl or on the little chopstick holder (when provided). Don't skewer or spear your food (or poke through it looking for the prawns). In Korea, it's rude (and ineffectual) to hold the chopsticks and accompanying long spoon in the same hand. In Japan, don't pass food from your chopsticks to someone else's (another symbol of death). When all else fails, don't be afraid to ask for a fork. ■

***If you have a topic you'd like investigated, email your suggestion to [paradise@businessadvantageinternational.com](mailto:paradise@businessadvantageinternational.com).***



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*look good, feel good* BY BRONWEN GORA

# The diet craze sweeping the world

**O**f all the diet crazes to come and go, the ketogenic – or keto diet – has piqued some of the greatest interest. Its popularity has surged as the diet's reputation grows as one of the fastest and most efficient ways to lose weight while still being able to eat delicious fat-filled foods like salmon and avocado.

The downside is that the diet strategy involves eating very few carbohydrates in lieu of fat, and that is largely where the debate around its benefits revolves.

## What is a keto diet?

Under a keto strategy, healthy fats make up 75 per cent of your daily diet, high-quality protein 20 per cent and nutritious carbohydrates



just five per cent. A properly structured keto diet will include a range of wholefoods, fresh natural produce and high-quality meat and fish, with lots of leafy greens,

healthy fats from nuts, seeds and coconut, and a small amount of fruit. A keto diet also includes a lot of fibre. The diet requires cutting out all sugar, starchy carbohy-

drates (basically, all processed food) and gluten.

## How does it work?

Eating to these proportions and, most significantly, dropping your

## REST AND REVITALISE IN SINGAPORE

Next time you're in Singapore and need to recuperate or relax on a layover between flights, the g.spa Fitness and Recreation Hub is one of the most convenient places to go.

Only 20 minutes from Changi International Airport, g.spa is the city's largest spa and open 24 hours a day. There is also a complimentary buffet, served in a rainforest-themed dining room (the laksa and Penang *kway teow* are often highly recommended). What's more, guests are welcome



to stay a full 24 hours from their time of admission, making it an attractive option for travellers with time to spare.

The nature-themed spa is filled with such luxuries as hot and cold pools, a steam room and sauna, all set within an imaginatively

designed, colourfully lit interior. A range of treatment rooms are on offer, with various health and beauty services for men and women.

For quiet time or that much-needed power nap, g.spa's relaxation lounge and beds are perfect for catching some shut-eye or watching movies on the personal in-built TVs.

**See [gspa.com.sg](http://gspa.com.sg).**



carbohydrate level to such low levels, forces your body into a metabolic state called ketosis. Ketosis forces your body to burn the stored body fat that you wish to lose, instead of using the glucose it usually gets when you eat a higher level of carbohydrates.

### Pros

A reduction in excess body fat is not the only welcome benefit of the keto diet. The diet also helps build lean muscle mass, gives you far more energy (eventually) and results in heightened mental clarity.

### Cons

At the beginning, switching from regular eating to a keto diet can be difficult, even more so if your eating habits are carbohydrate heavy. This is mainly because putting your body into ketosis can bring on flu-like symptoms for a few days – a state known as ‘the keto flu’. Symptoms include brain fog, fatigue, moodiness, migraines, muscle cramping or

tightness caused by dehydration or electrolyte changes.

However, if this happens it is easy to alleviate by drinking a lot of water and avoiding strenuous physical activity. It is often suggested to add half a teaspoon of salt to your food, too.

The good news is that when these rocky few days of transitioning are over, the keto diet’s health benefits of feeling energised – both mentally and physically – kick in and you’re on the road to losing weight.

People with medical conditions should consult a doctor before going on the diet.

For a guide to keto dieting, see [dietdoctor.com/low-carb/keto](http://dietdoctor.com/low-carb/keto).

Our recipe is for a typical keto meal with a balance of nutrients, devised by clinical nutritionist and weight-loss specialist Rebecca Miller, founder of *Health with Bec* ([healthwithbec.com](http://healthwithbec.com)).

## PORK FILLET with cauliflower puree, sautéed sweet and sour cabbage and asparagus

2 servings. Preparation time 30 minutes

### INGREDIENTS

300 grams lean pork fillet  
1 tsp garlic powder  
1 tbs olive oil  
2 tbs parmesan cheese  
1 garlic clove  
1 tbs butter or olive oil  
2 tbs almond milk  
1 medium cauliflower  
1 small red cabbage  
1 red onion  
2 tbs balsamic vinegar,  
1 tsp stevia  
6 spears of asparagus  
Salt and pepper



### METHOD

- 1 Slice cabbage and onion finely and chop cauliflower into small florets.
  - 2 Rub pork fillets in 1 tbsp olive oil, garlic powder and a sprinkle of salt and leave to marinate while preparing cauliflower puree and cabbage.
  - 3 In a small bowl, combine vinegar, stevia, caraway and celery seeds; set aside.
  - 4 Place cabbage and onion in a saucepan; add a small amount of water. Cover and steam until tender, about 10 minutes.
  - 5 While cabbage is cooking, steam cauliflower until well
- cooked. Blend cauliflower, milk, butter and parmesan in a food processor until very smooth. Add a little water if too thick. Season with salt and set aside.
- 6 Once cabbage is tender, add vinegar mixture; toss to coat then season with salt and pepper and return the to keep warm.
  - 7 Heat a pan over medium to high heat, add pork and cook until desired (about four minutes each side). Add the asparagus to pan, fry until tender, or simply steam.
  - 8 Assemble half of each element on a plate.

## A MIND AND BODY HOLIDAY

A Balinese retreat has taken the inspired step of offering a body, mind and spirit ‘triathlon’.

The Mindful Triathlon program at Adiwana Svarga Loka in Ubud is part of a new worldwide mind–body–spirit holiday offering launched by Health and Fitness Travel in response to spiralling demand for holistic health holidays.

Over seven days, guests participate in a choice of activities, divided into three elements:



**1. Be Active:** Personalised strength, sport and fitness training including mountain trekking, forest running, swimming and boxing to resistance training and tennis.

**2. Be Mindful:** Grounding activities like guided meditation, mindfulness walks, tai chi, qi gong, reiki, gentle yoga and breathing techniques.

**3. Be Balanced:** Restorative treatments for mind and body covering a range of specialised massages plus reflexology, lymphatic drainage, osteopathy, restorative yoga, chakra balancing, pilates and crystal healing.

Guests choose which sports and activities they wish to do and are led by health and fitness experts.

Adiwana Svarga Loka is on the banks of the spiritual Campuhan River in Ubud, Bali, and the Mindful Triathlon holiday is offered exclusively through Health and Fitness Travel. ■

**See [healthandfitnesstravel.com.au/mindful-triathlon-holidays](http://healthandfitnesstravel.com.au/mindful-triathlon-holidays).**



# JUST FOR SURFERS

## Shark stopper

Sharkbanz is a magnetic shark repellent band that emits a strong electromagnetic field to deter them. The company says that if a shark approaches it feels a sensation that is thousands of times stronger than the signal produced by anything in the shark's normal food chain. This is said to be like suddenly having a bright light shining in your eyes; it won't hurt but it will make you turn away. About PGK280; sharkbanz.com



## Little guys make good

The Rip Curl surf brand is a global phenomenon celebrating its 50th anniversary this year. *The Rip Curl Story*, by Tim Baker (published by Penguin Random House), tells the story of how the company started when two friends – Brian Singer and Doug Warbrick – decided to start making surfboards in a shed in Torquay, Australia, in 1969. The book is more than an essay in business success. It is a journey through the history and evolution of surfing, full of adventures and anecdotes. As the publisher says, it will make you want to surf more, travel further and follow through on business ideas. About PGK82; amazon.com



## Light and stretchy boardies

These Patagonia men's stretch Hydroflow board shorts are fast drying and super light. They have four-way stretch for unrestricted freedom. They come in a range of colours and patterns. About PGK282; patagonia.com



## Classic thongs

More than 210 million pairs of Havaiana thongs are sold around the world annually, equating to 23,000 pairs an hour. Obviously this Brazilian company has been doing something right since it produced the first pair in the 1960s. The thongs come with countless prints, but it's hard to beat this one showing a barrelling wave taken by famed surf photographer Russell Ord. About PGK82; havaiana.com





### Balsa wood surfboards

Riley Balsawood Surfboards is a Sydney company with a close affinity with Papua New Guinea. Mark Riley sources balsa wood for his boards from PNG, leads surf trips to the country and has conducted board-making sessions for PNG locals. His boards are either solid balsa Malibu replicas, or like this three-kilogram Flying Fish, which has a light foam core with balsa and cedar sheets. About PGK3000; balsawoodsurfboardsriley.com



### Board bag for air travel

Air Niugini will handle your surfboard with care, but for added peace of mind tuck it into a Balin board bag with 10 millimetre foam. This Slimline short board cover is 6'6" and fits two or three boards (depending on board thickness). It's perfect for air travel and has a pop-up section to allow one board with fixed fins, as well as pockets for multiple fin sets. It weighs 4–5 kilograms and is up to 23-inches wide. About PGK565; balin.com.au



### Warm-water reef boots

Protect your feet from coral and rocks with Rip Curl's Reefer boots. They're 1.5 millimetres, have a split toe, a pull-on heel strap and a reef-protective outer sole. About PGK140; ripcurl.com.au



### Eco-friendly hand planes

Australian bodysurfing brand WAW (Wave after Wave) has just released this BadFish hand plane. They're made from a combination of recycled plastic collected from beaches and household recycling. The company also plants a tree for every hand plane sold. About PGK185; wawhandplanes.com.au

### Protection from tropical downpours

Patagonia's Rainshadow jacket is stretchy, light and very packable, a perfect companion whether you're in a tropical downpour or light drizzle. About PGK660; patagonia.com



### Surf watch

The Rip Curl Search GPS2 surf watch tracks every move you make. It registers top speed, distance, wave count and session time, as well as providing wind and swell data. It also has moon phases and sunrise–sunset times. About PGK940; ripcurl.com.au



### Travel shoes

A high-quality adaptation of the leather slippers that have been made in Turkey for centuries, Sabah slippers have become the savvy traveller's footwear of choice over the five years since the company was founded. The handmade unisex slippers (the company also makes backless slide ons) mould to your feet and are super comfortable, and have a non-slip rubber sole that will get you around airports and boardrooms without a hitch. They come in an array of fun colours, including 'Mumbai magenta' and 'Sabah blue'. From about PGK658; shop.sabah.am.



### Posh pen

Something every traveller needs is a good pen tucked inside your passport wallet to fill out those tedious immigration forms. This supremely well-made, refillable ballpoint from German-made brand Troika has a real maple wood barrel, and can be engraved with your name if you're feeling extravagant. From about PGK169; troikaus.com.



### Silicone travel bags

For travellers wanting to join the plastic-free movement, these silicone Stasher bags are excellent travel companions. Great for toiletries in your carry-on, snacks on the road or for any small valuables, they're an alternative to disposable plastic bags and containers and are, believe it or not, made primarily from sand. Once you get the non-toxic pouches home you can toss them in the dishwasher and reuse them on trips for years to come. Available in various sizes and colours. About PGK27 each; stasherbag.com.



### Smart suitcase

US luggage brand Away is currently the talk of the travel world. It's smart marketing strategy has ensured that every travel influencer out there has one of the brand's suitcases. But the company also has a superior product. The hard-shell, four-wheel suitcases charge your devices (each is fitted with removable batteries with USB ports) and come in 10 colours, like eggshell blue, forest green and sand. They have zippered mesh dividers, pockets for tablets and cables, and are reasonably priced. From about PGK759 for a carry-on size; awaytravel.com.



### Four-port USB charger

Because we all travel with a multitude of gadgets these days, Anker's four-port USB charger makes perfect sense. You can charge your phone, tablet, headphones and smart watch all at once, so you can stop stressing about whether everything will be charged before you have to hit the road again. Choose black or white. About PGK91; anker.com.



### Pocket video camera

Taking high-quality, exciting travel videos just got easier with the compact, stabilised Osmo pocket camera. A three-axis gimbal means it's stable enough for you to capture shake-free videos, whether you're climbing a mountain, riding a motorbike or swimming in the ocean. There's an additional extension rod for selfies, a waterproof case for underwater filming, and a cool Active Track feature where you tap on a subject and the camera follows it automatically. From about PGK1418; store.dji.com.



### Compression socks

Technical, comfortable and stylish, Comrad compression socks are worlds away from the unattractive skin-coloured version you usually find at the chemist. As the Comrad website explains, "by squeezing the leg tissues and walls of the veins on your feet, compression socks help blood return to the heart, which helps all aspects of your health". That makes them perfect for when you're flying, sure, but also for when you're sitting sedentary at your desk, or need extra support post-workout. Choose between a variety of colours and styles. About PGK60; comradsocks.com.



### Pop-up tent

Show us a camper who enjoys constructing a tent and we'll show you a liar. It just isn't fun, which is why this Cinch pop-up tent is such a great idea. It pops up in about a minute, and easily packs down into a disc shape that you can take with you just about anywhere. Complete with air vents and shade canopies, and available in two, three or four-person sizes. About PGK1215; cinchpopuptents.com.

### Superior sanitiser

Byredo call this a 'rinse-free hand wash', which is basically a fancy way of saying 'hand sanitiser', but the scent and quality make it worth the price tag. Unlike other sanitisers that smell like an operating theatre, this one leaves your hands smelling like they've just rifled through a fine leather bag – one filled with flowers and bergamot. About PGK94; byredo.eu.



### Foldable backpack

When starting Paravel luggage company, the founders apparently scoured 1980s issues of *National Geographic* for design inspiration, meaning their catalogue is now filled with retro-chic designs that look and feel luxurious, but not at the expense of functionality. Their fold-up backpack, which collapses into a small pouch that you can stow in your luggage for day trips or for those extra purchases, comes in black, safari green, navy and red, and can be personalised with embroidered letters. From about PGK219; tourparavel.com.



**Once Upon a Time in Hollywood**

Cast: Brad Pitt, Leonardo DiCaprio, Margot Robbie

Quentin Tarantino returns and unleashes his most sprawling film to date, with a roaring odyssey through the capital of movies in the year 1969. It's a time when the murderous Charles Manson cult looms over the population and the golden age of cinema comes to an end.

Leonardo DiCaprio and Brad Pitt – the most famous pair of leading men you'll see in the movies all year – star as a TV actor and his stunt double who are attempting to achieve fame. Among the incredibly stacked cast are Margot Robbie (*Tonya*), James Marsden, Timothy Olyphant, Dakota Fanning, Al Pacino, Kurt Russell, Lena Dunham, Emile Hirsch and the final movie role for the late Luke Perry.



**Danger Close: The Battle of Long Tan**

Cast: Travis Fimmel, Richard Roxburgh, Anthony Hayes

The Vietnam War has been the setting for many classic war movies. Francis Ford Coppola ventured into madness for *Apocalypse Now* and Stanley Kubrick did too with *Full Metal Jacket*, while Oscar winners like *Born on the Fourth of July*, *Coming Home* and *Platoon* have wrestled with the topic in different ways.

The newest addition is the Australian drama *Danger Close: The Battle of Long Tan*, which depicts the insurmountable odds faced by a company of inexperienced soldiers from Australia and New Zealand in a battle for their lives in a rubber plantation.

Featuring impeccable photography that captures the beauty within the horrors of war, director Kriv Stenders (*Red Dog*, *Wake in Fright*) has been able to put together a compelling movie that pays tribute to the ANZAC memory and which will surely become a classic in the tradition of *Gallipoli*.

**Late Night**

Cast: Emma Thompson, Mindy Kaling, John Lithgow

The legacy of *The Devil Wears Prada* and Meryl Streep's iconic performance in it lingers heavily over the new comedy *Late Night*.

Emma Thompson stars as Katherine Newbury, this film's own figurative devil, a hard-edged night-time talk show host who treats her staff terribly.

With the fate of her show in the balance, her future rests on the shoulders of a new writer played by Mindy Kaling, who sends her comedy into a new and successful direction.

It's not likely to leave the same lasting impression as *The Devil Wears Prada*, but Thompson with a slicked back short blonde haircut is a treat.



**Crawl**

Cast: Kaya Scodelario, Barry Pepper

There's a long tradition of thrillers built around the premise of people trapped in a singular location with an encroaching menace. How about sharks in the supermarket in *Bait* or the bloodthirsty canine *Cujo* trapping a family in a car.

With *Crawl*, a young woman and her father are stranded as a hurricane sends a flood and one nasty alligator inside their crumbling house. There has never been a great killer croc movie, with the reptile usually relegated to cheap

exploitation fare like 1980's *Alligator* or 1989's *Killer Crocodile*.

While the plot offers lots of potential silliness, *Crawl's* greatest asset is that it has horror pedigree: director Alexandre Aja is the man behind the trippy buzz-saw gorefest *High Tension* and the remakes of *The Hills Have Eyes* and *Piranha*, while producer Sam Raimi is the director of *Evil Dead* and producer of *Don't Breathe*. Audiences are in good hands with this lean, mean chomping machine.





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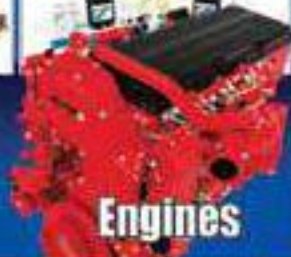
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**Engines**

**Bangkok Local**

By Sareen Rojanametin and Jean Thamthanakorn  
(Simon & Schuster)

In Bangkok, food connoisseurs consider some of the offerings sold along the city's ancient canals, and on street corners, from mobile carts, and in bustling markets, as some of the best food in Asia.

*Bangkok Local* features 70 recipes that help define food in Thailand's capital. And like its predecessor – *Tokyo Local* – the book follows one culinary day, with three sections separated into recipes covering the early, mid and late food times in a day.

There are recipes for son-in-law eggs (*khai luk kheuy*), fried taro cake (*khanom peuak tod*), fried bananas (*gluay tod*) and sweet mung bean dumplings (*khanom tua paep*). And that's just in the early chapter.

**Disappearing Earth**

By Julia Phillips (Penguin Random House)

One afternoon, on the shoreline of the Kamchatka Peninsula at the northeastern edge of Russia, two sisters, aged eight and 11, go missing. In the months that follow, a police investigation turns up nothing and the disappearances reverberate across a tight community, with the fear and loss felt most deeply among its women.

Taking the reader through a year in Kamchatka, one of the most spectacular regions of Russia, this novel focuses on a group of characters connected by the crime: a witness, a neighbour, a detective, and a mother.

Densely wooded forests, open expanses of tundra, soaring volcanoes and the glassy seas that border Japan and Alaska are present, too, in a region as complex as it is alluring, where social and ethnic tensions have long simmered, and where outsiders are often the first to be accused.

**In Love with the World**

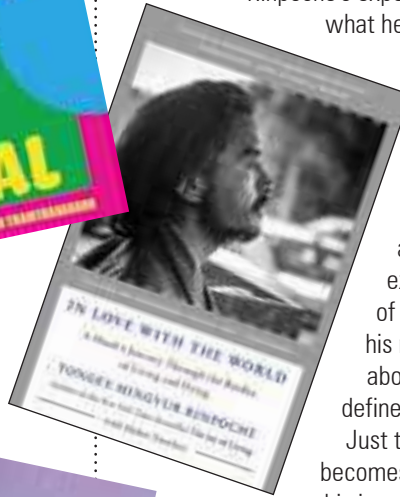
By Yongey Mingyur Rinpoche with Helen Tworikov  
(Pan MacMillan)

The book has been described as a rare, intimate account. Indeed, there must be few other books written about of a world-renowned Buddhist monk's near-death experience and the life-changing wisdom he gained as a result.

Rinpoche's experience begins the night he embarks on what he imagines will be a four-year wandering retreat by furtively unlocking the monastery gates and disappearing into the night. In India and alone for the first time in his life, he sets out for the nearest railway station.

While his initial motivation is to step away from his life of privilege and to explore the deepest, most hidden aspects of his being, what he discovers throughout his retreat – about himself and about the world around all of us – comes to define his meditation practice and teaching. Just three weeks into his 'escape', Rinpoche becomes deathly ill and his journey – this is part travel story - begins courtesy of this near-death experience.

*In Love with the World* is the story of two different kinds of death: that of the body and of the ego. Ultimately it might also be about offering readers insights into bridging the two experiences to live a more fulfilling life.

**Small Blessings**

By Emily Brewin (Allen & Unwin)

Rosie Larson doesn't trust people – and with good reason. For Isobel Hutchins, the cost of success is beginning to prove too high.

When tragedy strikes, Rosie and Isobel are thrown together to form the unlikely friendship. With that friendship, comes a second chance. Despite the challenges, they draw strength from each other.

This work of fiction has been described as a poignant and uplifting tale of secrets, motherhood, innocence and heartache. And, ultimately, what we're willing to do for love.





# FROM RICH COAST TO CHOICE CUISINE: WE'RE GIVING PAPUA NEW GUINEA'S TUNA BOUNTIES A FIRST CLASS JOURNEY.

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## Women's work

The recently launched Pacifika Women Network highlights the growth in women-led businesses across PNG. *Lisa Smyth* reports.

During the Asia-Pacific Economic Cooperation (APEC) forum in Papua New Guinea last year many delegates didn't get to experience the vast array of PNG's cultural and culinary delights – a side trip to Kokopo or Bougainville didn't fit into many people's hectic schedules.

Which is why the Pacifika Women Network (PWN) Trade Centre, housed in the old Steamships compound in Waigani, was such a triumph. Visitors could peruse souvenirs, clothes, jewellery and *bilums*, as well as buy tasty lunch snacks from 45 stalls, all owned and operated by PNG women.

"In the lead up to APEC, I saw a Bougainville food mama in the paper asking what the government authorities were doing to help female small-and-medium enterprises (SMEs) like hers," explains Ruth Undi, founder and president of PWN. "She wanted to market traditional Tamatama food to visitors and I knew that delegates would want to buy artefacts from PNG to take home. This was the trigger to set up the PWN and create the trade centre concept."

Undi invested PGK300,000 into setting up the trade centre, and there are now 63 stallholders that fall into one of four

categories: textiles and clothing, health and beauty, arts and crafts, and food and catering.

"The Bougainville Tamatama delicacy is now a favourite lunch meal for many in and around Port Moresby, while the stallholder is able to pay her husband's mortgage fees, pay her kids' school fees, and put food on the table every day for her family. These are the stories coming from many of the business women and these stories are my inspiration," says Undi.

The resounding success of the trade centre means it remains a permanent fixture in Port







Trade centre ...the Pacifika Women Network is based at Waigani with more than 45 stalls.



Moresby even though APEC has ended.

In March, the network also launched the *PWN Strategic Business Plan 2019–2024*.

“Business shouldn’t have any barriers; more so now with the advent of digitisation,” says Undi. “PWN is about connecting all women networks throughout the Pacific so they can become influential and powerful. My vision is for women and girls to be able to do business with ease, in a safe environment, with the right tools so they can improve the quality of their lives and the lives of their families.”

The plan details how the network will develop a database of women’s networks and groups in the Pacific; create an e-marketplace for women-owned businesses; expand the trade centre concept to other regions in PNG and countries in the Pacific; and provide mentoring and training to PNG business women.

“PWN has identified unique PNG products that could be sold and traded on the e-marketplace platform, such as traditional food like Bougainville Tamatama, Rabaul Agir, and Highlands ‘stone *mumu*’ roast pork,” notes Undi.

In PNG, annual food production is largely the responsibility of women and has been valued at \$US55 million a year (about PGK186 million), which makes the opportunity to scale up the sector an attractive prospect.

“The strategic business plan launch has attracted most of our stakeholders and partners and we are confident of achieving

many of our targets depending on our stakeholders’ support,” Undi says.

Undi has long been a champion for business women in PNG. In 2016 she established the Mama Halipim Mama Foundation (MHM) in the Southern Highlands, her home province. She invested one million kina so that mothers in the region could access finance to support agricultural skills building and find new markets for their produce. In a significant achievement, Undi was able to secure a 10-year contract for the members of MHM to supply their produce to the City Pharmacy Limited Company.

“When I saw their smiles on their faces, that meant a lot to me and I knew my million kina was worth investing.”

At the core of PWN’s work is understanding the importance of networking, not operating in isolation, and learning from others. PNG women are encouraged not to compete but collaborate with each other and with women in other countries. To this end, the network is planning to take 50 women to India for a business tour in November.

“We are providing our stallholders with a once-in-a-lifetime trip, where they will be able to engage with businesses similar to theirs,” says Undi. “Those in the food category will be able to cook with different spices to make their food tastier and better. India produces half of the garments in the world, so those with textiles and clothing businesses can establish contacts, and

“

My vision is for women to be able to do business with ease, in a safe environment, so they can improve the quality of their lives and the lives of their families.

”

machines to produce necklaces, earrings and health and beauty products can be identified and purchased.”

“My dream is to see women being able to sit down together and exchange business information, business cards, and being able to connect and do business. In today’s world business is all about networking and connections.” ■

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



# Keeping safe on the roads

Adeshola Ore reports that some PNG businesses are sending their drivers on defensive-driving courses.

Road safety is a major consideration for many businesses in Papua New Guinea. Poor road conditions can contribute to serious accidents and injuries to their employees, as well as delays in the delivery of goods.

In January this year, rehabilitation work funded by the Asian Development Bank began on the Highlands Highway, the country's main road.

But businesses are also turning to defensive-driving classes for their employees. The hands-on courses teach participants safe driving techniques on the country's roads.

Frank Lapi, the director and master trainer at Port Moresby's Diamond Defensive Driving Academy (DDDA), says the courses

are based on training material from the UK and Australia and are adapted to suit PNG conditions.

For example, he says, generic photos in the course material have been replaced with images from local roads.

DDDA also runs a Tok Pisin version of the course.

There are also variations in the course content, depending on which part of the country the academy is teaching in. The Highlands Highway course content is different to what participants are taught for Port Moresby's roads.

The courses can be tailored for heavy machinery and four-wheel driving. Drivers are taught how to manoeuvre in different

conditions, including wet crossings, mud and gravel.

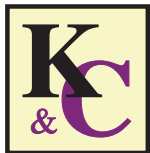
DDDA was created when Lapi and some of his colleagues at a security company in Port Moresby recognised the lack of adequate driver training.

"As road safety advocates, we are trying to teach the drivers to be cautious," he says.

The company employs local trainers who have international qualifications from Australia and the UK.

Since launching in 2012, the company has provided training to a range of companies, including Nestle PNG, Trukai Industries and SP Brewery. ■

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# Faster, cheaper internet on the way

Kevin McQuillan reveals some of the PNG business sectors that will soon benefit from faster internet.

The high-speed Coral Sea Cable System, expected to be completed by the end of this year, will open up development possibilities for several Papua New Guinea industries.

The 4700-kilometre long fibre-optic submarine cable will link Sydney, Australia, to PNG's Port Moresby and Honiara in the Solomon Islands. Combined with the Kumul Submarine Domestic Fibre Cable Network, the system will greatly improve PNG's global connectivity.

Laine Kidner, chief executive of data centre services company Connected South Pacific, says that education and health care are two sectors that will benefit.

"Instead of having medical training in a classroom, you have got the ability (with the

new high-speed internet) to connect with universities and colleges around the world to get access to their education catalogues."

Kidner says that health care can be provided through technologies such as video conferencing to remote areas.

The tourism sector will also benefit from faster internet, according to Kidner.

"To promote the country as a tourism destination, it is critical to have high-speed internet – not only for brand awareness out into the global market, but also when visitors come in (to PNG).

"Generally, one of the first things people do when they get into hotel rooms is connect to the Wi-Fi to upload photos to Facebook or Twitter or Instagram. If you don't have

high-speed internet in the hotel facility, it is generally the first thing people complain about."

Security firms can also be beneficiaries of the cable.

Kidner, who was behind a recent Connected PNG Technology Summit in Port Moresby, says the cable will allow better use of CCTV cameras and technologies such as swipe cards.

The agriculture sector can also benefit.

"E-commerce is a huge opportunity for the agricultural market for PNG. If you are known to the world – where you are as a country, who you are as a country and the quality that you can produce – people want it." ■

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On the rise ... the new Crowne Plaza Residences (above); Robert Coates (below).

## CBD apartments with harbour views

Crowne Plaza Hotels & Resorts will make a return to Port Moresby in July, after an agreement between owners OPH Limited and the Intercontinental Hotel Groups (IHG). *Kevin McQuillan reports.*

Crowne Plaza Hotels & Resorts will make its return to Port Moresby from July 2019, after an agreement between owners OPH Limited and the Intercontinental Hotel Groups (IHG).

Crowne Plaza Residences Port Moresby will feature 54 two and three-bedroom units, as well as an all-day dining restaurant, bar, a gym and meeting facilities.

The residences will be located in the larger Nambawan Plaza Development in the CBD adjacent to the Deloitte building, with views across the harbour.

The move is designed to capitalise on the city's growing corporate and leisure demand, according to Robert Coates, area general manager of IHG Papua New Guinea.

"Port Moresby has been home to an economic boom, with substantial growth in the construction of housing, office towers, shopping malls and commercial establishments, including the second LNG plant and the Wafi Gopu gold mines," he tells *Paradise*.

"Papua New Guinea has an exciting economic future, demonstrated by the hosting of the Asia-Pacific Economic Cooperation (APEC) summit in 2018, which brought many world leaders to the city," says Anthony Smare, chairman of Nambawan

“

We have already had strong interest in forward bookings by a number of blue-chip corporate customers.

”

Super Limited, the majority shareholder of OPH Limited.

"It demonstrates the need for a contemporary, upscale hotel that embraces both business and leisure travel. We already have a fantastic relationship with IHG and are confident that Crowne Plaza Residences Port Moresby will capitalise on the city's growing corporate and leisure demand."

The residences will provide a 'home away from home' for business and leisure travellers to Papua New Guinea," says Coates.

"We expect to see primarily longer stays for business travellers within Port Moresby."

They will be fully serviced apartments and will not be available for lease.

"As such, the two and three-bedroom apartments at Crowne Plaza Residences Port Moresby will be sold at daily, weekly and monthly rates."

Abhijay Sandilya, senior director of development, Australasia, at IHG, says: "We have already had strong interest in forward bookings by a number of blue-chip corporate customers".

The Crowne Plaza brand was in Papua New Guinea until October 2018, when it had an amicable parting from the owner of what is now the Crown Hotel. ■





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# SOLOMON ISLANDS BUSINESS GUIDE

## Economy growing steadily

Stable economic growth in the Solomon Islands has given businesses confidence, despite some challenges. *David James reports.*

The economy of the Solomon Islands is small, but growing steadily. According to the Asian Development Bank (ADB), gross domestic product (GDP) is forecast to grow by 2.4 per cent this year, and 2.3 per cent in 2020. Inflation is steady; it is forecast to rise 2.5 per cent in both 2019 and 2020.

The Solomons is a narrowly based economy vulnerable to shocks. The country heavily depends on agriculture and raw materials – especially logging – which account for 92 per cent of exports, the ADB says.

According to Strongim Bisnis (SB), an Australian Government initiative working in partnership

with the private sector and Solomon Islands Government, copra accounts for 24 per cent of exports, almost all going to the Philippines. SB notes, however, that trees are ageing, operating costs are high and the rhino beetle poses a threat.

There are similar challenges with cocoa, with exports “stagnating over the last decade”, according to SB. Guadalcanal, Makira and

“

They have the confidence that the economy will continue to grow.

”

Malaita produce over 97 per cent of the nation’s cocoa.

Tourism accounts for 10.8 per cent of total exports, with 82 per cent of travellers going to the Western, Malaita and Central provinces. Ninety per cent of tourism income is generated by women.

David Anderson, Bank South Pacific country manager in the Solomons, says the stable

economic growth has given businesses confidence.

“If you go back seven or eight years, the economy had severe peaks and troughs. One year GDP was up seven per cent, the next it was minus four per cent. Now, they can make objective decisions on what they should do with their businesses – whether they should invest. They have the confidence that the economy will continue to grow at that level.”

Wayne Morris, partner of chartered accountant firm Morris & Sojnocki, says the country relies heavily on donor funds, mainly from Australia. “The country is significantly relying on logging for its foreign exchange earnings,” he





“The other major development is the Tina River Hydro Development, a power project. That is due to start at the end of this year and will be about \$US200 million, mainly funded through Australia.”

One development that will undoubtedly have a transformative effect is the laying of the Coral Sea cable system at the end of 2019. It will go from Sydney to both Papua New Guinea and the Solomon Islands. It is set to increase capacity 1000-fold. “We expect it will have a great impact on the country and the services here,” says Anderson. “The internet at the moment is extremely slow and extremely expensive for everybody.

“We have very poor usage of internet services from the consumers here. It is just too expensive. Most people will use it for Facebook but not much else. I think it will open up a world of opportunities for businesses here. They will have the confidence that they have good data, good speed and reliable service.”

Morris says the expectation is that it will bring down costs significantly, but adds that there will still be a strong reliance on satellites for communication within the country. “They will only have an internal cable going to three centres.”

says. “Other major export earners are fishing and palm oil. Mining is minimal at the present moment. The first shipment of (Axiom’s) nickel mine in Santa Isabel is due to go out this month.



**Honiara by night ... business confidence in the Solomon Islands capital is strong (left); BSP country manager David Anderson (above).**

The Solomon Islands has many of the challenges common to Melanesian economies. According to the Heritage Foundation’s 2019 *Index of Economic Freedom*, the formal labour market is “not fully developed”. Another issue is that most of the land in the Solomon Islands is customarily-owned, as it is in PNG.

“This restricts individuals being able to borrow, or us to lend the money,” says Anderson. “A lot of people here will say they do not have the ability to raise finance. The second problem is that a lot of people do not have any financial statements that will allow them to assess a lending proposal.”

Morris believes customary land ownership “holds back a whole

lot of potential investment” in the country, although he says the government has been trying to address the issue.

The top personal income tax rate is 40 per cent, and the top corporate tax rate is 30 per cent for resident corporations and 35 per cent for non-resident corporations, according to the consultancy Deloitte.

Morris believes the government should look at restructuring personal income tax rates. “For every dollar of PAYE (pay-as-you-earn) tax that the government forgoes, it picks up more than two dollars in other taxes. That money goes straight back into the economy. People aren’t going to save it.” ■

## STEP OFF THE MAP

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# Solomons targeting more tourists

Tourism to the Solomon Islands is growing at nine per cent annually, with Tourism Solomons hopeful of hitting the 30,000 mark by the end of 2019. That is SBD500 million (PGK205 million) in revenue that is generated for the country.

The Solomon Island's government is hoping to double the number of visitors and the revenue by 2025.

But if the Solomon Islands is to achieve the 60,000 visitor mark

by 2025, the country needs to address the current accommodation situation, according to Tourism Solomons' chief executive, Josefa 'Jo' Tuamoto.

He says it is necessary to provide international wholesalers with access to a minimum of 700 new quality rooms.

"Without this development the Solomon Islands will struggle to reach its objectives."

The tourism authority has been undergoing a rebranding.

The Solomon Islands Visitors Bureau has been renamed Tourism Solomons and there is a new logo featuring a dugout canoe.

Tuamoto says the aim with the rebranding is to be versatile, "covering every niche our multi-faceted destination offers – and which



**Holiday time ... 30,000 tourists are expected in the Solomons this year, but the government has a target of 60,000 by 2025.**

set these Hapi Isles apart from its South Pacific neighbours".

He believes the branding is easy to follow. "It allows every visitor to target or tag their own travel

experience, exactly as they want it to be, in the process making it uniquely theirs and uniquely Solomon Islands.

"This branding is also about touching – touching the past through a multitude of traditional lifestyles and cultural icons that have yielded little to urbanisation and commercialised mass-tourism."

It's a two hour and 20 minute flight from Papua New Guinea to the Solomons and about three hours from the east coast of Australia. Australian visitation accounts for 40 per cent of overall numbers. PNG, New Zealand and the US are the next most popular countries providing tourists. ■

– DAVID JAMES

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**SOLOMONS SNAPSHOT**

**AREA:** 27,990 sq km

**POPULATION:** 614,000

**CAPITAL CITY:** Honiara

**OFFICIAL LANGUAGES:** Pijin, English

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

**GDP:** US\$1.4 billion

**INFLATION:** 1 per cent

**EXCHANGE RATE:**  
Solomon Islands dollar equals  
0.41 PGK, 0.18 Australian  
dollars, 0.12 US dollars.

**MAJOR EXPORT MARKETS:** China (65.2%),  
Italy (7.7%), Switzerland  
(3.9%), Australia (0.8%).

**MAJOR IMPORT MARKETS:** Australia,  
(19.9%), Singapore (13.8%),  
New Zealand (13.2%),  
Malaysia (12.7%)

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

**HEAD OF GOVERNMENT:**  
Prime Minister Manasseh  
Sogavare

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

**WORLD BANK EASE OF DOING BUSINESS:** 115 (2019)

SOURCE: DFAT



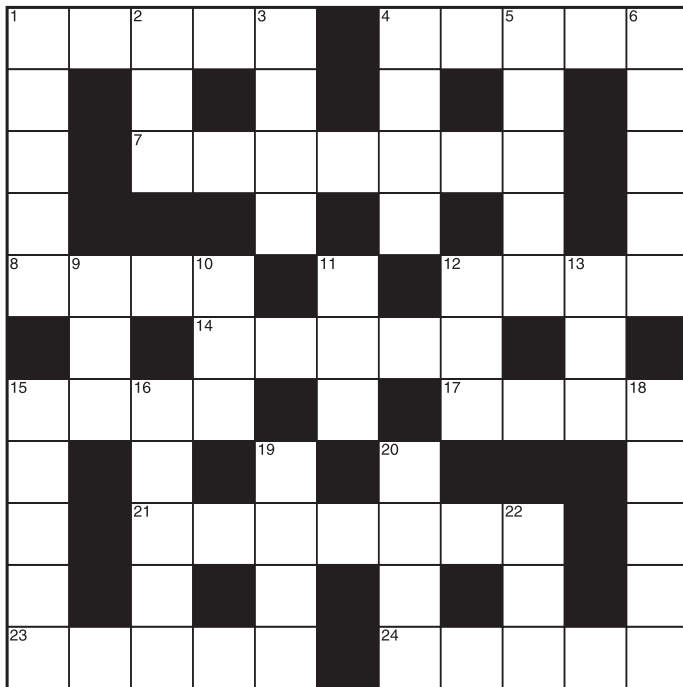
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### DoubleTake

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. Continues or discontinues a judicial proceeding (5)
4. The kind of change that involves no notes (5)
7. To find out which fruit to put in, consult an agriculturalist (7)
8. Depressed navy (4)
12. He has shortened manuscript by having stitched edges (4)
14. Commercial era maxim (5)
15. Practise boxing in Regent's Park (4)
17. Troll heads off for official list (4)
21. Inflexible like first male worker (7)
23. View part of act (5)
24. Skylights? (5)

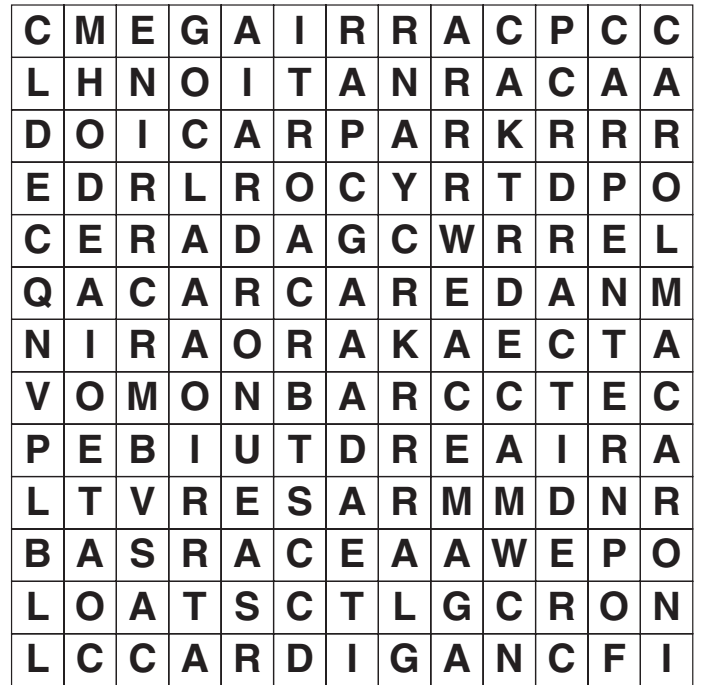
##### DOWN

1. Ringleader hides in camouflaged bush (5)

2. Fool started a sob story (3)
3. Storage container used in tonsil operation (4)
4. Search with radar in Tuscany (4)
5. Surprise a labyrinth (5)
6. Deals out title roles (5)
9. Friend returns for another round (3)
10. Alternatively, repair organ (3)
11. Chart Pam reads upside down (3)
12. That lady Cher, has no top on! (3)
13. Mr Brooks moved elm (3)
15. Dismisses most Cossacks (5)
16. Eyes open for a funeral party (5)
18. Nothing in logs suitable for use as company emblems (5)
19. Secure enclosure for silver in church (4)
20. Boys staying in Gladstone (4)
22. Kate always carried drink (3)

### 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.



#### STRAIGHT CLUES

##### ACROSS

1. Remains (5)
4. TV series, *All Creatures Great And ...* (5)
7. Seedless raisin (7)
8. Once in a ... moon (4)
12. Confines, ... in (4)
14. Wise saying (5)
15. Yacht pole (4)
17. Bread bun (4)
21. Insistent (7)
23. Location (5)
24. Screen personalities (5)

##### DOWN

1. Woody plant (5)
2. Donkey (3)
3. Grain store (4)
4. Run eyes over (4)
5. Astonish (5)
6. Leashes (5)
9. In the ... of luxury (3)

#### Theme: CAR WORDS

- |           |             |
|-----------|-------------|
| CAR PARK  | CAROUSEL    |
| CARAMEL   | CARPENTER   |
| CARBON    | CARRIAGE    |
| CARDBOARD | CART        |
| CARDIGAN  | CHILDCARE   |
| CARETAKER | CREDIT CARD |
| CARGO     | MACARONI    |
| CARNATION | SCARCE      |
| CARNIVAL  | VICAR       |
| CAROL     |             |

10. Head of wheat (3)
11. Atlas picture (3)
12. The H of HMS (3)
13. Actor, ... Gibson (3)
15. Hessian bags (5)
16. Not sleeping (5)
18. Letterhead insignias (5)
19. Animal pen (4)
20. ... & lasses (4)
22. Hot beverage (3)



# The Paradise Quiz

## HOW WELL DO YOU KNOW THE REGION?

1. What happened on September 16, 1975?
2. Can you unscramble the name of this well-known Papua New Guinean town: koogra?
3. What is the capital of Enga Province?
4. Approximately how many kina equal \$US10.
5. Can you name the biggest aircraft flown by Air Niugini?
6. Where in the world are you if you are at the Nan Madol ruins?
7. Who is the prime minister of Australia?
8. If you want to eat a very hot curry, would you order a vindaloo, a rogan josh or a tikka masala?
9. What, who or where is 'Accadacca'?
10. What is the currency of Malaysia?
11. If you are sailing east across the Sulu Sea, which country are you going towards?
12. What is the word for 'hello' in Japanese?
13. Can you name the no.1 Pacific nation in the FIFA World Cup soccer rankings?
14. Which sport is played in the Presidents Cup, to be held in Melbourne, Australia, in December?
15. The flag (pictured) belongs to which PNG province?




# Sudoku

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



Rating: ★ ★ ☆ ☆ ☆

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



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U				O		N		Z		D
B	L	U	E		M		H	E	M	S
	A		A	D	A	G	E		E	
S	P	A	R		P		R	O	L	L
A		W		C		L				O
C		A	D	A	M	A	N	T		G
K		K		G		D		E		O
S	C	E	N	E		S	T	A	R	S

**WORDSEARCH**

C	M	E	G	A	I	R	R	A	C	P	C	C
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D	O	I	G	A	R	P	A	R	K	R	R	R
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**SUDOKU**

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

**The Paradise Quiz**

1. PNG gained independence from Australia.
2. Goroka.
3. Wabag.
4. PGK33.74 (at the time of going to press). Take a point if you were within two kina.
5. B767.
6. Micronesia.
7. Scott Morrison.
8. Vindaloo.
9. It's Australian slang for rock band ACDC.
10. Ringgit.
11. Philippines.
12. Konnichiwa.
13. New Zealand.
14. Golf.
15. Oro Province.



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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: MILEN STILYANOV

Port Moresby from the air ...  
Harbour City in the foreground  
and the suburb of Konedobu  
nestling into the hills.

### CLIMATE

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

### COMMUNICATIONS

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

**Phone:** International mobile phone roaming is possible in PNG

but it can be costly. A cheaper option is to buy a local SIM card and pre-paid credit (including data packs for smartphones).

### ELECTRICITY

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

### GETTING AROUND

**Airport transfers:** For arrival/ departure in Port Moresby, any of the hotels listed in this guide will provide a complimentary transfer.

**Car hire:** Deal with one of the international names and ask them to provide a driver (PGK450+ per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

**Taxis:** Recommended firms are City Loop (1800 000), Comfort (325 3046) and Scarlet (7220 7000).

**Domestic flights:** Travelling within PNG often means taking an internal flight (for instance, you cannot drive between Port Moresby and Lae). Air Niugini offers passengers the chance to book (and for some flights, also to check in) online, but make sure you print out a copy of your receipt to show at check-in. Aircraft and helicopter charters are available for travel to remote locations.

### HEALTH

Serious medical conditions can be treated in Port Moresby at Pacific International Hospital and the Government Hospital, which have

24-hour emergency and critical care services. Some conditions may require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation can reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis.

### MEDICAL EMERGENCY

For St John Ambulance phone 111 or 7111 1234. St John provides 24-hour ambulance service in Port Moresby.

### MONEY

PNG's currency is the kina (PGK). ANZ and Bank of South Pacific (BSP) have branches at Port Moresby's international airport. ➤





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Level 2 Vision City, Port Morsby  
OPEN: 9:00am - 9:00pm  
Monday - Sunday

P: +675 323 5160  
E: adminjacks@cpl.com.pg  
Find us on

ATMs are located around Port Moresby, Lae and other urban centres.

## PUBLIC HOLIDAYS

PNG observes a number of public holidays unique to the country. In 2019, they include National Remembrance Day on Tuesday, July 23; National Repentance Day on Monday, August 26; and Independence Day on Monday, September 16.

## SAFETY

While the situation is not as bad as portrayed by some international media, you should always take precautions, especially at night.

## TIME ZONE

PNG has a single time zone, 10 hours ahead of UTC/GMT.

## EATING OUT

### PORT MORESBY

**Airways Hotel:** Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside to Deli KC. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. See [airways.com.pg](http://airways.com.pg).

**Asia Aromas:** Offering Chinese and Thai food by the water at Harbourside, this eatery has consistently good reviews on social media. Outdoor seating is available. A good spot for sunset drinks. Tel. +675 321 4780.

**Aviat Club:** The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See [facebook.com/pages/Aviat-Club/141553252563094](https://facebook.com/pages/Aviat-Club/141553252563094).

**Bel Cibo:** A casual and affordable family style restaurant serving Italian-American at Vision City. See [belcibopng.com](http://belcibopng.com).

**Crown Hotel:** There are multiple eating options at Crown. The in-house restaurant includes a buffet for breakfast (eggs cooked to order), as well as lunch and dinner. It's one of the few restaurants in Port Moresby with gluten-free choices. The hotel also has fine

dining at the Rapala restaurant. See [ihg.com](http://ihg.com).

**Daikoku:** The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the Stop n Shop shopping centre in Harbour City, chefs will whip up your meal at your table. See [daikokupng.com](http://daikokupng.com).

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

**Dynasty at Vision City:** This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor

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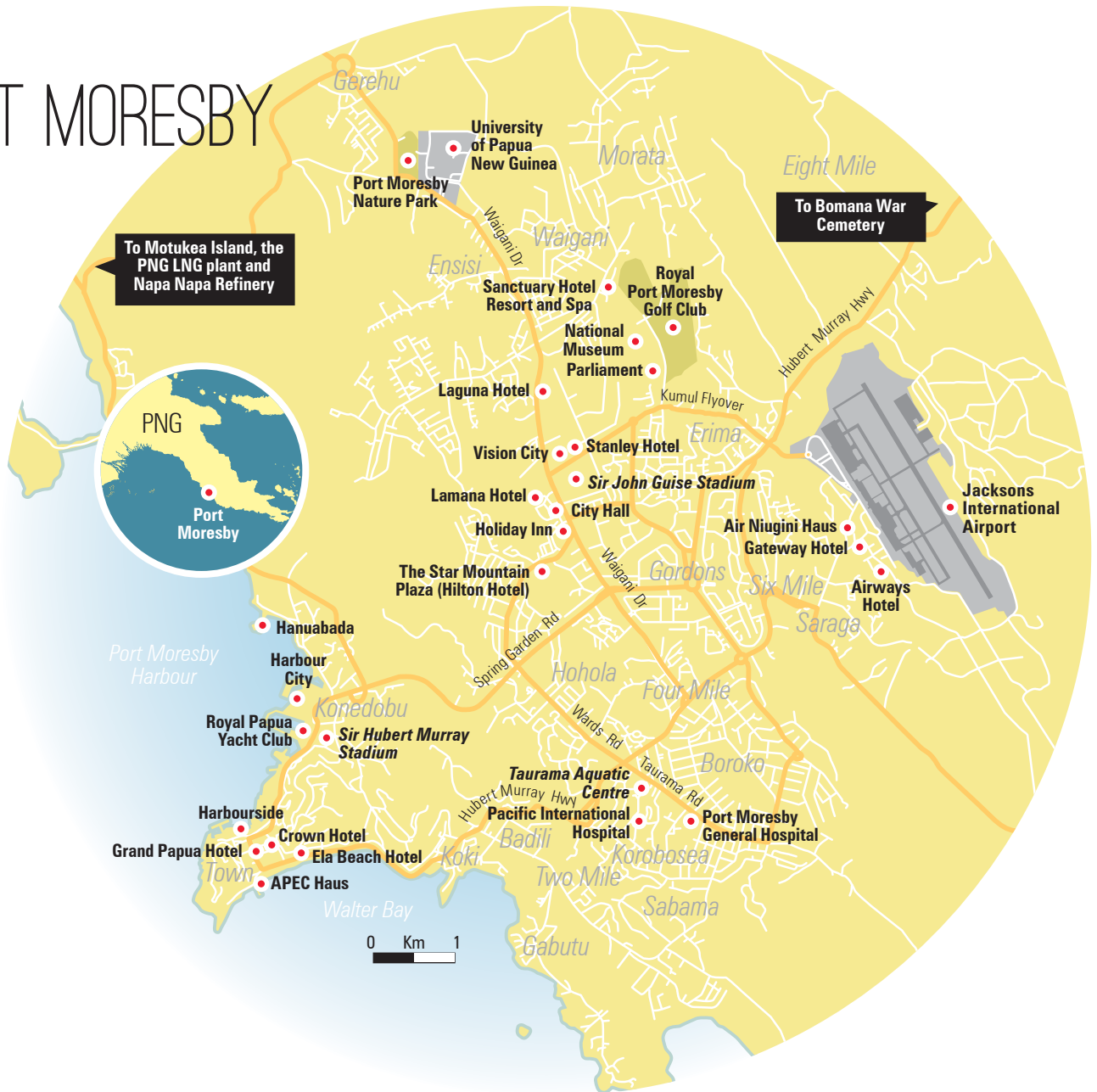
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# PORT MORESBY



make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. See [facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956](https://www.facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956).

**Edge by the Sea:** The 'Edge' cafe was renovated in 2017 and has alfresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito bowls, pork

burgers and grilled snapper are among the breakfast and lunch menu favourites. There's a mist water system in the alfresco area that can reduce the ambient air temperature by up to 10 degrees ... perfect for those blistering-hot days. Tel. +675 7995 5263.

**Ela Beach Hotel:** The Beachside Brasserie aims to be one of Port Moresby's best value-for-money restaurants, offering seafood and other dishes from the Pacific

Rim, curry, pastas, and a classic grill menu. It's located next to the pool, set in Italian gardens. See [coralseahotels.com.pg](http://coralseahotels.com.pg).

**Element Bar and Restaurant:** One of Port Moresby's newest restaurants, 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:** This is one of the city's busiest restaurants. It's a fusion of flavours from China, Thailand and Vietnam. Takeaway available. There's also a sister restaurant, Fusion 2, in the far corner of the ANZ Bank Compound in Waigani. Tel. +675 7196 6666.

**Gateway Hotel:** The hotel's dining options include Jackson's Gaming-Restaurant-Bar, which has a rooftop bar with views of the airport, as well as claims ➤



to the best lamb rack in town. Sizzler's Family Restaurant offers value dining, while Enzo's Express does quick lunches, coffee and pizza. The hotel's Departure Bar, next to the hotel lobby, is a comfortable and air-conditioned space to while away some transit hours in between flights. See [coralseahotels.com.pg](http://coralseahotels.com.pg).

**Grand Papua Hotel:** The elegant Grand Brasserie has an a la carte menu of modern European cuisine, as well as buffet options. The Grand Cafe, on Douglas Street, has barista-made Goroka coffee, fruit juices, freshly made salads and sandwiches. The Grand Bar – with stylish marble, high ceilings, timber floors and window shutters – has a light menu and is a popular place



**Element Bar and Restaurant ... Asian fusion in a youthful atmosphere.**

to wind down after work. See [grandpapuahotel.com.pg](http://grandpapuahotel.com.pg).

**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 [www3.hilton.com](http://www3.hilton.com). Tel. +675 750 1800.

**Hosi Ramen:** As the name suggests, this Japanese

restaurant at Vision City specialises in ramen (noodles served in broth with meat and vegetables). See [facebook.com/pages/Hosi-Ramen/565779996932557](https://facebook.com/pages/Hosi-Ramen/565779996932557).

**Korean Garden:** An affordable menu at Vision City that includes a do-it-yourself barbecue, as well as traditional favourites such as kimchi and gimbap. See [facebook.com/pages/Korean-Garden/595454767289525](https://facebook.com/pages/Korean-Garden/595454767289525).

**Lamana Hotel:** You're spoilt for choice here with Spices (Indian), the Italian Restaurant, Rio's at the Temple (Brazilian), Cafe Palazzo, Lanes Ten Pin Bowling, and PNG's biggest nightclub, The Gold Club. See [lamanahotel.com.pg](http://lamanahotel.com.pg). ➤

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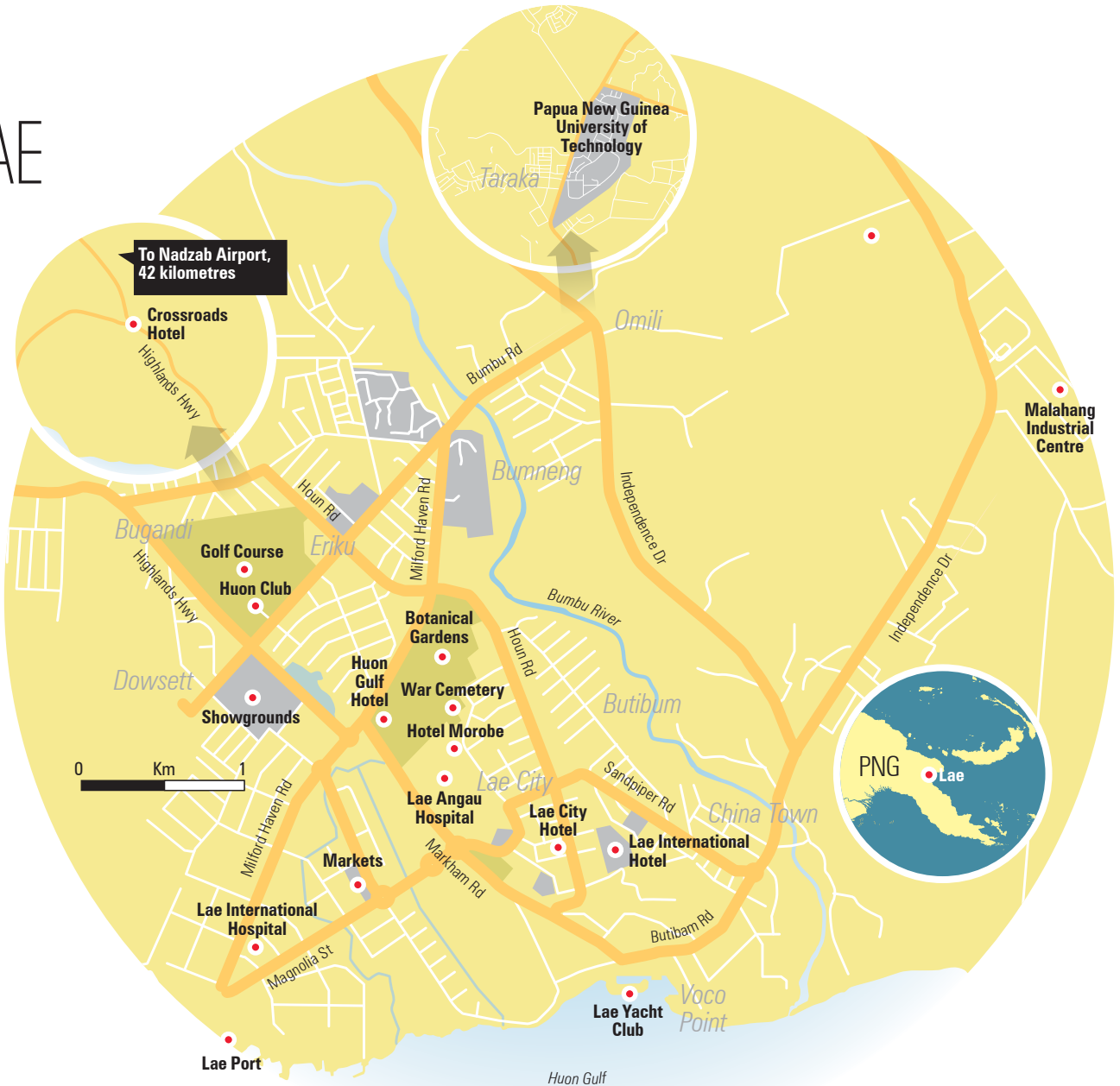


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LAE



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

**Mojo Social:** This casual Mediterranean-inspired bar and restaurant is on the ground floor of PWC Haus at Harbour City.

Tapas-style dishes, risotto and pizza are among the offerings. See [mojosocialpng.com](http://mojosocialpng.com).

**Naked Fish:** A seafood and steak restaurant at Harbourside. Great spot for sunsets and the water views. Tel. +675 320 2293.

**Royal Papua Yacht Club:** Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan

bar area showing sport on large screens. See [rpyc.com.pg](http://rpyc.com.pg).

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

**Sogno:** This is a traditional Italian restaurant with pastas, risottos and pizzas served out of a stone

oven at Harbourside. Tel. +675 320 0001.

**Stanley Hotel and Suites:** This 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](http://thestanleypng.com).



**Tandoor on the Harbour:**

Come here for a curry with great bay views. See facebook.com/tandoorontheharbour.

**Tasty Bites:**

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

**Vision City:**

PNG's first major shopping mall houses an increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs. See visioncity.com.pg.

**LAE**

**Bunga Raya:** This local favourite, serving Malaysian-style Chinese, is located next door to the Lae Golf Club. Be sure to try the



**Lae International Hotel ... deluxe rooms and apartments are available.**

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.

**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. ▶

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

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

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

**HOTELS**

**PORT MORESBY**

**Airways Hotel:** Airways is within a large, secure compound next to Jacksons International Airport. An inspiring setting,

luxurious rooms, excellent service and very good food options. See airways.com.pg. Tel. +675 324 5200.

**Citi Boutique Hotel:** The Citi Boutique Hotel is in Boroko, a quiet residential area with shopping centres and sporting facilities. 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 citiboutiquehotel.com. 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 citiboutiquehotel.com. 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.

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**Gateway Hotel:** Conveniently located just minutes from Jacksons International Airport, the hotel has a range of dining options, conference facilities, modern gym and two swimming pools. Free airport shuttles are available for guests. See [coralseahotels.com.pg](http://coralseahotels.com.pg). Tel. +675 327 8100.

**Grand Papua:** This premium hotel features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular for business meetings. Centrally located. See [grandpapaahotel.com.pg](http://grandpapaahotel.com.pg). 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 [www3.hilton.com](http://www3.hilton.com). Tel. +675 750 18000.

**Holiday Inn:** Located in Waigani, the large grounds include a walking track in a tropical garden setting, outdoor restaurant and



Hilton Port Moresby ... the 15-storey hotel opened recently.

bar area, business centre and gym. Includes three-star Holiday Inn Express hotel. See [ihg.com](http://ihg.com). Tel. +675 303 2000.

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

**Lamana Hotel:** In Waigani, the hotel has 24-hour free airport transfers, free in-room Wi-Fi, a conference centre, restaurants, and the famous Gold Club. See [lamanahotel.com.pg](http://lamanahotel.com.pg). Tel. +675 323 2333.

**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

**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](http://thestanleypng.com). Tel. + 675 302 8888.

**LAE**

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

**Hotel Morobe:** A centrally located 38-room boutique property built in 2014. See [hotelmorobe.com](http://hotelmorobe.com). Tel. +675 4790 100.

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

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

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

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**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**

**NUMBERS**

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|-----------------|----------------|-----------------|-----------------|------------------|-------------------|-------------------|----------------|------------------|------------------|
| <b>1</b><br>Wan | <b>2</b><br>Tu | <b>3</b><br>Tri | <b>4</b><br>Foa | <b>5</b><br>Faiv | <b>6</b><br>Sikis | <b>7</b><br>Seven | <b>8</b><br>Et | <b>9</b><br>Nain | <b>10</b><br>Ten |
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email: [resort@walindifebrina.com](mailto:resort@walindifebrina.com)

**NEW IN 2019**

Image © Andrew Dutton

**mvfebrina** LIVEABOARD

MV FeBrina has been operating from Walindi Resort since 1991.

Dive with FeBrina's experienced crew on our boutique, traditional style dive liveaboard vessel, offering itineraries in waters of Kimbe Bay and the waters of New Britain, Papua New Guinea.

email: [febrina@walindifebrina.com](mailto:febrina@walindifebrina.com)



Image © David Schuler



Image © Marcelo Krause



Image © Darek Sepiolo

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- YOUR POINTS BALANCE
- UPDATE YOUR PROFILE

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**CPL**  
GROUP



# Welcome aboard

## Enjoy our Bird of Paradise in-flight service

### Please ask us

If there is anything our cabin crew can assist you with during your flight, please do not hesitate to ask them.

### Hand luggage

Please ensure that your carry on luggage is placed in the overhead locker or under the seat in front of you.

### Takeoff and landing

Ensure that your seat is in the upright position during takeoff and landing. Folding tables must be returned to their original position in the seat back or the armrest.

### Safety first

Your seat belt must be securely fastened during take off and landing or whenever the seat belt sign is on. When the seat belt sign is off you may move about the cabin as necessary. However while seated, keep your seat belt fastened securely in case of unexpected turbulence.

### Electronic equipment

Cellular telephones, TV receivers or radio controlled devices are not to be used at any time on board an aircraft. Electronic devices such as portable computers, compact discs or cassette players and video games can be used only when the seat belt sign is switched off.

### Children and babies

The cabin crew will also be pleased to assist in preparing your baby's food and bottle. Baby food and diapers are also available. Please do not hesitate to ask our friendly cabin crew.

### Smoking

Smoking is not permitted on any Air Niugini flight.

### Entertainment

A selection of movies and music including classical, modern, country and local are available on international services.

### Pillows and blankets

On International flights, pillows and blankets are available on request from our cabin crew.

### Cuisine

Our in-flight\* meals have been specially prepared for your enjoyment. If you require a vegetarian meal or you are on a special diet, child or baby food, please inform us when making your reservation.

### In-flight Duty Free

During the flight take some time to look through our In-flight Duty Free brochure located in your seat pocket. Duty free purchases can be made after Meal Service. All major credit cards are accepted.

### Immigration and Customs Forms

During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

### Before you leave

Please check your seat pocket and overhead lockers before you disembark to ensure you have not left any items of value. We look forward to seeing you when you next fly with us on our Bird of Paradise Service.



## Air Niugini fleet



### B767-300ER - Boeing

Length: 59.94m  
Wing span: 47.57m  
Range: 8100km  
Cruising speed: 857kph  
Power plant: 2 x PW4000

Normal altitude: 11000 - 12000m  
Standard seating capacity: 188  
Business class: 28  
Economy class: 160  
Number of aircraft in fleet: 2



### F70 - Fokker

Length: 30.91m  
Wing span: 28.08m  
Range: 3410km  
Cruising speed: 743kph  
Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines

Normal altitude: 11000m  
Standard seating capacity: 76  
Business class: 6  
Economy class: 70  
Number of aircraft in fleet: 5



### B737-800 - Boeing

Length: 39.5m  
Wing span: 35.79m  
Range: 8100km  
Cruising speed: 857kph  
Power plant: 2 x CFM56 - 7B26

Normal altitude: 11300m  
Standard seating capacity: 144  
Business class: 16  
Economy class: 128  
Number of aircraft in fleet: 2



### DASH 8-Q315 - Bombardier

Length: 25.7m  
Wing span: 24.4m  
Range: 1700km  
Cruising speed: 510kph

Power plant: 2 x Pratt & Whitney PW123E  
Normal altitude: 7500m  
Standard seating capacity: 50  
Number of aircraft in fleet: 3



### B737-700 - Boeing

Length: 33.6m  
Wing span: 35.79m  
Range: 6370km  
Cruising speed: 830kph  
Power plant: 2 x CFM56 - 7B22

Normal altitude: 11300m  
Standard seating capacity: 116  
Business class: 12  
Economy class: 104  
Number of aircraft in fleet: 1



### DHC-8-202 - Bombardier

Length: 22.25m  
Wing span: 25.89m  
Range: 1800km  
Cruising speed: 550kph

Power plant: 2 x Pratt & Whitney PW123D  
Normal altitude: 7600m  
Standard seating capacity: 36  
Number of aircraft in fleet: 2



### F100 - Fokker

Length: 35.528m  
Wing span: 28.076m  
Range: 3000km  
Cruising speed: 780kph  
Power plant: 2 x Rolls Royce Tay 650

Normal altitude: 11000m  
Standard seating capacity: 101  
Business class: 8  
Economy class: 93  
Number of aircraft in fleet: 7



### Falcon 900EX - Dassault

Length: 20.21m  
Wing span: 19.33m  
Range: 4500nm  
Cruising speed: 650mph

Power plant: 3 x Honeywell TFE731  
Maximum altitude: 51000ft  
Standard seating capacity: 12  
Number of aircraft in fleet: 1

# Inflight entertainment

Movie, TV and music highlights available on Air Niugini flights

## MOVIES



### Isn't It Romantic

Genre: Comedy, Romance

Rating: M

Stars: Rebel Wilson, Liam Hemsworth, Adam Devine

Natalie, a lifelong cynic when it comes to love, has an encounter with a mugger that renders her unconscious, waking to discover that her life has suddenly become her worst nightmare – a romantic comedy.



### Once Upon a Deadpool

Genre: Action, Adventure, Fantasy

Rating: M

Stars: Ryan Reynolds, Morena Baccarin, Josh Brolin

From the studio that brought you *Anastasia* and *Ever After* comes a fairy tale that doesn't go by the book. Everyone's favourite disreputable super hero returns with a twist in *Deadpool 2*.



### Minority Report

Genre: Action, Sci-Fi, Thriller

Rating: M

Stars: Tom Cruise, Colin Farrell, Samantha Morton

In the year 2054, the head of a police unit specialising in the arrest and conviction of murderers before they commit their crime finds himself accused of a future murder.



### Titanic

Genre: Drama, Romance

Rating: M

Stars: Leonardo DiCaprio, Kate Winslet, Billy Zane

The fictional romantic tale of a rich girl and poor boy who meet on the ill-fated voyage of the 'unsinkable' ship' the *Titanic*.



### Sanju

Genre: Drama

Rating: M

Stars: Ranbir Kapoor, Pooja Bhatt, Manisha Koirala

Sanju explores some of the most crucial chapters from movie star Sanjay Dutt's dramatic and controversial real life. It gives a lowdown on his personal dilemmas and vices.



### Masquerade Hotel

Genre: Drama, Mystery

Rating: Not available

Stars: Takuya Kimura, Masami Nagasawa, Nozomi de Lencquesaing

Detective Kosuke Nitta teams up with a hotel employee, Naomi Yamagishi, to crack a difficult murder case that may be the work of a serial killer.



### A Lifetime Treasure

Genre: Comedy

Rating: Not available

Stars: Kai-Chung Cheung, Ivana Wong, Sammo Kam-Bo Hung

In a peaceful elderly home live a group of five retirees. Their peace is about to be shattered when the gangster Marvin tries to take control of the home.



### Three Words to Forever

Genre: Comedy, Drama

Rating: Not available

Stars: Richard Gomez, Sharon Cuneta, Kathryn Bernardo

After 25 years of marriage, Rick and Cristy Andrada put up a pretence of happiness but are secretly planning to separate.



### The Kid Who Would Be King

Genre: Family, Adventure

Rating: PG

Stars: Louis Ashbourne Serkis, Tom Taylor, Rebecca Ferguson

Alex thinks he's just another nobody, until he stumbles upon the mythical Sword in the Stone, Excalibur. Now, he must unite his friends and enemies into a band of knights.



### Head Full of Honey

Genre: Drama

Rating: Not available

Stars: Nick Nolte, Matt Dillon, Emily Mortimer

Trying to help her grandfather who's suffering from Alzheimer's navigate his forgetfulness, Matilda ends up going on a remarkable adventure with him.



### Speed

Genre: Action, Thriller

Rating: M

Stars: Keanu Reeves, Dennis Hopper, Sandra Bullock

A fearless LAPD cop on SWAT detail finds himself trapped on a runaway city bus set to explode if it goes slower than 50mph.



### We're the Millers

Genre: Comedy

Rating: MA15+

Stars: Jason Sudeikis, Jennifer Aniston, Emma Roberts

A small-time pot dealer must become a big-time drug smuggler by bringing his supplier's latest shipment in from Mexico.



## TV



### Legends of Opera

Genre: Documentary

Episode: Andrea Bocelli

Stars: Andrea Bocelli, Danielle de Niese

Featuring classic moments in the careers of 12 legends of opera, from Luciano Pavarotti to Mario Lanza. Filmed in the United Kingdom and Italy, each episode features historical archive, performance highlights, and contributions from artists, critics and directors.



### Primal Survivor China

Genre: Documentary

Episode: Raging River

Stars: Hazen Audel

Hazen Audel enters the Dulong Valley to join locals on a mission over wild rivers and towering mountains to find rare medicinal herbs and honey.



### All American

Genre: Drama, Sport

Episode: Pilot

Stars: Daniel Ezra, Bre-Z, Greta Onieogou

Spencer James is a rising football player at South Crenshaw High who is recruited by Beverly High School's football coach Billy Baker. Spencer is conflicted on whether or not to move.



### Arrested Development

Genre: Comedy

Episode: Mr F

Stars: Jason Bateman, Michael Cera, Portia de Rossi

Trevor tells Rita that Michael must be eliminated; the family tries to trick some Japanese investors by building a miniature village; and George-Michael mistakes a jet pack as a gift from his father.



### Last Man Standing

Genre: Comedy

Episode: Giving Mike the Business

Stars: Tim Allen, Nancy Travis, Hector Elizondo

Under the threat of corporate takeover, Mike and Ed disagree on the direction of Outdoor Man's future. Meanwhile, Vanessa is elated when she thinks Mandy and Kyle are trying to have a baby.



### Longmire

Genre: Drama

Episode: Thank You, Victoria

Stars: Robert Taylor, Katee Sackhoff, Lou Diamond Phillips

Chance Gilbert's plea appearance takes a dramatic turn that pulls Walt away from his own case and sets Longmire and Vic on the path to a showdown.



### This Is Us

Genre: Drama

Episode: The Last Seven Weeks

Stars: Milo Ventimiglia, Mandy Moore, Sterling K. Brown

Randall's campaign comes to a close. Kevin meets someone from Zoe's past. Kate and Toby get ready for the baby.



### DC Super Hero Girls

Genre: Family, Animation

Episodes: Sweet Justice Part 1 & 2

Stars: Kimberly Brooks, Nicole Sullivan, Kari Wahlgren

Six ordinary girls meet and discover that they have extraordinary powers. They decide to join forces to take on one of Metropolis's most sinister villains.

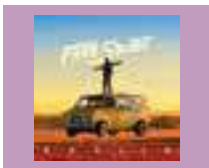
## MUSIC



### Beyoncé Homecoming: The Live Album

Genre: Pop

The live album by American singer Beyoncé was recorded in April 2018 at Coachella Valley Music and Arts Festival in California. It features the entirety of Beyoncé's performance at the festival.



### Khalid Free Spirit

Genre: Pop

The multi-platinum global superstar Khalid presents his highly anticipated sophomore album, *Free Spirit*. Khalid's infectious sound has continued to dominate the local and international airwaves, affirming him as the contemporary music maestro.



### Paavo Järvi & the Deutsche Kammerphilharmonie Bremen Brahms: Symphonies No. 3 & No. 4

Genre: Classical

The Kammerphilharmonie Bremen and Järvi play the symphonies and overtures of Johannes Brahms.



### New Kids on the Block Hangin' Tough (30th Anniversary)

Genre: Golden Hits

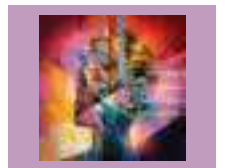
This is a 30th anniversary edition of the boy band's 1988 breakout album. It features all 10 original tracks, as well as three newly recorded tracks.



### Sara Bareilles Amidst the Chaos

Genre: Easy Listening

Teaming up with award-winning producer T Bone Burnett, *Amidst the Chaos* was written in the wake of the last US presidential election, the #Me Too Movement and the US immigration crisis.



### P!nk Hurts 2B Human

Genre: Pop

P!nk's eighth studio album debuted at No.1 on the US Billboard 200 album chart and reflects on love, loss and maturity. Includes duets with Chris Stapleton, Cash Cash and Wrabel.



# Your health inflight

At Air Niugini we care about your comfort and safety. We have included the following information about your health in-flight that we hope you will find helpful and useful.

When you are flying you can be seated and be inactive for long periods of time. The environment can be low in humidity and pressurised up to an altitude of 2240 metres above sea level. Unlike other forms of transportation, air travel allows for rapid movement across many time zones, causing a disruption to the body's "biological clock". Although these unique factors do not pose a health or safety threat to most passengers, there are guidelines you can follow that will improve your comfort level, during and after a flight. We hope the following recommendations will help you have a more pleasant flight today and in the future.

## Blood Circulation / Muscle Relaxation

When you're sitting upright in a stationary position for a long period of time, several things can happen.

The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.

The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.

A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.

Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility.

Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:

- Former or current malignant disease
- Blood disorders leading to increased clotting tendency
- Personal or family history of DVT

- Immobilisation for a day or more
- Increasing age above 40 years
- Pregnancy
- Recent major surgery or injury, especially to lower limbs or abdomen
- Oestrogen hormone therapy, including oral contraceptives
- Dehydration
- Heart failure
- Trauma
- Varicose veins
- Obesity
- Tobacco smoking

### *Recommendations*

- If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- Follow our in-flight exercises programme.

## Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

### *Recommendations*

- Get a good night's rest before your flight.
- Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- Leave your watch on home time if you're staying at a destination less than 48 hours. Also try to eat and sleep according to your home time.



- Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time.
- On longer stays, try to prepare in advance, adjust your meal and rest times to be closer to those of your destination.
- Try some light exercise - go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed.
- Fly direct to minimise flight time. This allows you to relax more upon arrival.

## Cabin Humidity / Dehydration

Humidity levels of less than 25 percent are common in the cabin. This is due to the extremely low humidity levels of outside air supplied to the cabin. The low humidity can cause drying of the nose, throat, eyes and it can irritate contact lens wearers.

### *Recommendations*

- Drink water or juices frequently during the flight
- Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.
- Remove contact lenses and wear glasses if your eyes are irritated.
- Use a skin moisturiser to refresh the skin.

## Eating and Drinking

Proper eating and drinking will enhance your comfort both during and after your flight.

### *Recommendations*

- Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.

## Cabin Pressurisation

It is necessary to pressurise the outside air drawn into the cabin to a sufficient density for your comfort and health.

Cabins are pressurised to a maximum cabin altitude of 2440 metres. It is the same air pressure as if you were at an elevation of 2440 metres above sea level. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for most passengers. However, if you suffer from upper respiratory or sinus infections, obstructive pulmonary diseases, anaemias or certain cardiovascular conditions, you could experience discomfort. Children and infants might experience some discomfort because of pressure change during climb and descent.

If you are suffering from nasal congestion or allergies, use nasal sprays, decongestants and antihistamines 30 minutes prior to descent to help open up your ear and sinus passages. If you have a cold or flu or hay fever your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes-the tiny channels between your middle ear chamber. This can cause discomfort during changes in cabin pressure, particularly during descent.

### *Recommendations*

- If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your ear chamber and your throat.
- When flying with an infant, feed or give your baby a dummy during descent. Sucking and swallowing will help infants equalize the pressure in their ears.

## Motion Sickness

This ailment is caused by a conflict between the body's sense of vision and its sense of equilibrium. Air turbulence increases its likelihood because it can cause movement of the fluid in the vestibular apparatus of the inner ear. If you have good visual cues (keeping your eyes fixed on non-moving object), motion sickness is less likely to occur.

### *Recommendations*

- When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.



## Air Niugini Domestic offices

### Port Moresby

PO Box 7186 Soroko  
 Sales Domestic & International  
 Tel: 327 3444 Fax: 327 1308  
 Reconfirmation Domestic & International  
 Tel: 327 3444  
 Arrival & Departure Information  
 Tel: 327 3300  
 Cargo Enquiries  
 Tel: 327 5245  
 Cargo Charter Enquiries  
 Cargo: 327 3306 Fax: 327 3370  
 Head Office  
 Airport & Administration  
 Jacksons Report Service  
 Tel: 327 5200/525 9000

### Alotau

PO Box 3 Alotau/Gurney Airport  
 Tel: 641 0158  
 Administration & Reservations  
 Tel: 641 1031 Fax: 641 1030

### Buka

PO Box 149  
 Buka Sales  
 Tel: 973 9655 Fax: 973 9656  
 Airport  
 Tel: 973 9082

### Daru

PO Box 58, Daru, Western Province  
 Tel: 276 1077

### Goroka

PO Box 663 Goroka  
 Reservations  
 Tel: 732 1444 Fax: 732 1499

### Kavieng

Administration,  
 Reservations & Cargo  
 Tel: 964 2135  
 Airport  
 Tel: 964 2105 Fax: 964 2337

### Kieta

PO Box 196, Aeneas,  
 Autonomous Region of Bougainville  
 Tel: 915 5053

### Kimbe-Hoskins

PO Box 181 Kimbe  
 Administration,  
 Reservations & Cargo  
 Tel: 983 5177 Fax: 983 5668  
 Arrival & Departure Information  
 Tel: 985 0512

### Kiunga

PO Box 346, Kiunga,  
 Western Province  
 Tel: 649 1402

### Kundawa

PO Box 847 Kundawa  
 Tel: 735 1273





**Lae**  
Administration, Domestic,  
Reservations & Cargo  
Tel 472 3111 Fax 472 4258  
International Reservations  
Tel 472 4744

**Lihir**  
Reservations  
Tel 986 5151 Fax 986 5134

**Lorengau/Manus**  
PO Box 170 Lorengau  
Administration,  
Reservations & Cargo  
Tel 476 9092 Fax 476 9382

**Madang**  
PO Box 140 Madang  
Administration & Reservations  
Tel 452 2295 Fax 852 2079

**Mendi**  
PO Box 210 Mendi  
Administration & Reservations  
Tel 549 1233 Fax 549 1200  
Airport Traffic  
Tel 549 1320

**Mt Hagen**  
PO Box 3 Mt Hagen  
Reservations Domestic  
Tel 542 1183/542 1122  
Reservations International  
Tel 542 1030  
Enquiries  
Tel 545 1444 Fax 542 2361

**Popondetta**  
PO Box 145 Popondetta  
Reservations  
Tel 329 7022 Fax 329 7227  
Airport  
Tel 329 7191

**Rabaul**  
PO Box 3120 Rabaul  
Reservations & Sales  
Tel 983 9125 Fax 982 9034  
Tokua Airport Arrival & Departure  
Information  
Tel 983 9821

**Tabubil**  
PO Box 545 Tabubil  
Domestic Reservations  
Tel 649 3244  
International Reservations  
Tel 649 3325 Fax 649 9189

**Tari Agent**  
Tel 540 8023

**Vanimo**  
PO Box 239 Vanimo  
Tel 857 1014 Fax 857 1473  
Airport  
Tel 857 7166

**Wabag & Wapenamanda**  
PO Box 213 Wabag  
Administration  
Tel 547 1274  
Arrival & Departure Information  
Tel 547 1286

**Waigani**  
PO Box 1196 Boukio  
Tel 325 1055 Fax 325 3683

**Wewak**  
PO Box 61 Wewak  
Sales  
Tel 856 2423  
International & Domestic  
Tel 856 2367 Fax 856 2203  
Airport  
Tel 856 2367



— Current routes  
 ..... Future route

## Air Niugini International Offices

### AIR NIUGINI OFFICES

#### Australia Wide

Local Call: 1300 361 380

#### Brisbane

Level 3, 97 Creek Street  
 GPO Box 2216 Brisbane QLD 4001  
 Australia Tel: (61 7) 3221 1544  
 Fax: (61 7) 3220 0040  
 Email: sales.bne@airniugini.com.pg

#### Cairns

Shop 1 Palm Court 34 Lake Street  
 PO Box 1941, Cairns QLD 4870

#### Australia

Tel: (61 7) 4080 1600  
 Fax: (61 7) 4031 3402  
 Email: sales.cns@airniugini.com.pg

#### Sydney

Somare House  
 100 Clarence Street  
 PO Box 5293 Sydney NSW 2001  
 Australia Tel: (61 2) 9290 1544  
 Fax: (61 2) 9290 2026  
 Email: sales.syd@airniugini.com.pg

#### Manila

3rd Floor, Fortune Office Building  
 160 Legaspi Street, Legaspi Village,  
 Makati City, Philippines  
 Tel: (63 2) 891 3339 / 40 / 41  
 Fax: (63 2) 891 3393  
 Email: sales.manila@airniugini.com.pg

### AIR NIUGINI GSA OFFICES

#### Auckland, New Zealand Walshes World Group Ltd

Tel: (64) 9977 2230  
 Email: airniugini@walshesgroup.com

#### Colombo, Sri Lanka Jetwing Air

Tel: (94) 1 1234 5700  
 Email: shehara@jetwing.lk  
 Email: tarish@jetwing.lk

#### Frankfurt, Germany Aviareps AG

Tel: (49) 89 5525 3346  
 Email: salesPX.germany@aviareps.com

#### Hong Kong Tam Wing Kun Holdings Ltd

Tel: (852) 2527 7098  
 Email: hkgpxpax@tam.com.hk



## PACIFIC OCEAN

MAJURO  
TARAWA

TUVALU

APIA

PORT VILA  
NADI

NOUMÉA

AUCKLAND

### INTERNATIONAL ROUTE MAP

**Honiara, Solomon Islands**  
Travel Industry Services  
Tel: (677) 2 2586  
Email: gtstravel@gts.com.sb

**Jakarta, Indonesia**  
PT Ayuberga  
Tel: (622) 1835 6214 / 216  
Email: airniugini@ayuberga.com

**Kuala Lumpur, Malaysia**  
Abadi Aviation Services  
Tel: (603) 2148 9500 / 2142 6360  
Email: travel@abadi.com.my  
Email: pxkul@abadi.com.my

**London, United Kingdom**  
Flight Directors  
Tel: (44) 12 9387 4985  
Email: airniugini@flightdirectors.com

**New York, USA**  
Airline Pros  
Tel: (1) 20 1526 7720  
Email: airniugini@airlinepros.com

**Noumea, New Caledonia**  
Axxess Travel  
Tel: (687) 28 6677  
Email: axxesstravelreservation@axxesstravel.net

**Paris, France**  
Aviareps SARRL  
Tel: (33) 1 5343 7905  
Email: salesPX.France@aviareps.com  
Email: reservationPX.France@aviareps.com

**Pohnpei, FSM**  
House of Travel  
Tel: (691) 320 5888  
Email: hotravel@mail.fm

**Port Vila, Vanuatu**  
Vanuatu Travel Services  
Tel: (678) 2 2836  
Email: honorine@spts.com.vu  
Email: estella@vanuatutravelsservices.com.vu

**Rome, Italy**  
Spazio SRL  
Tel: (39) 0 6498 5621  
Email: airniugini@spazio.aero

**Seoul, Korea**  
Sharp Aviation K.Inc  
Tel: (82) 2318 2112  
Email: pjy3514@sharp.co.kr

**Singapore**  
Deks Air Singapore  
Tel: (65) 6250 4868  
Email: airng\_sg@airniugini.com.sg  
Email: px\_sales@deksair.com.sg

**Suva, Fiji**  
Discount Flight Centre  
Tel: (679) 331 7870 / 7871  
Email: makereta@dfc.com.fj

**Taipei, Taiwan**  
Cha May Travel Services  
Tel: (02) 2515 2028  
Email: decwetwn@ms35.hinet.net

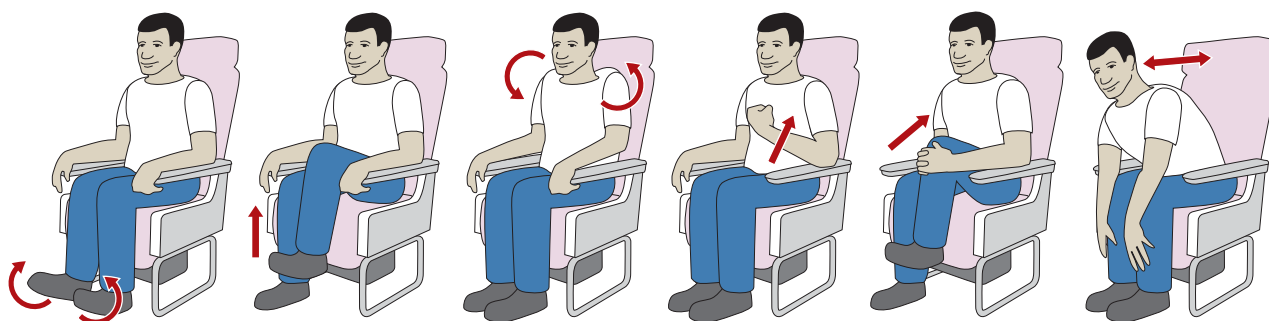
**Tokyo, Japan**  
Alconet Corporation  
Tel: (81) 3 5733 7109  
Email: info@airniugini.co.jp

# 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

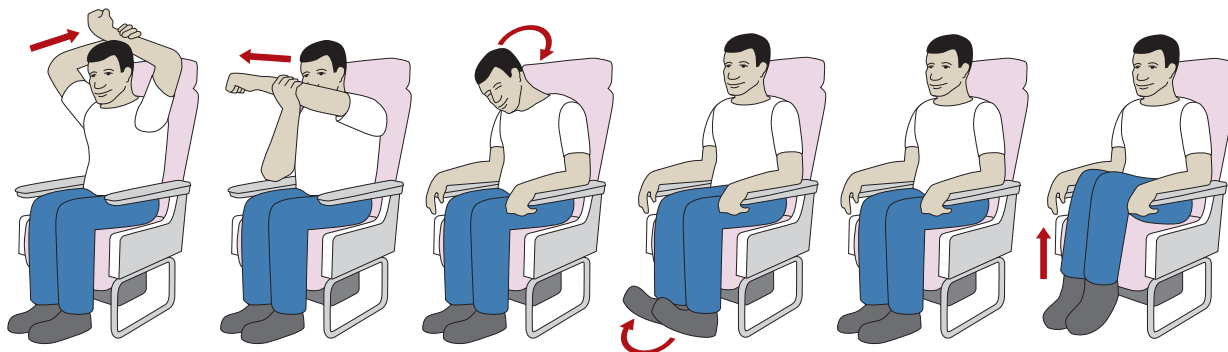
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

## 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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