

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 3 JULY - SEPTEMBER 2024

# PARADISE

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# PARADISE



*Paradise is the complimentary in-flight magazine of Air Niugini, Papua New Guinea's international airline. The magazine is published by Business Advantage International.*

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

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

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# BNG100

1924 - 2024

Brands. Importing. Distribution. Investment. Manufacturing. Exporting.



Englishman, turned Port Moresby trader, Mr Charles Baldwin could never have imagined that the general store he built in the early 1900's would be bought, renamed and resold over the years and still be a trading company today.

Just a few years later in the United Kingdom, a group of London investors registered The British New Guinea Development Company on February 10th 1910, wishing to compete in the burgeoning commodities boom, to cultivate and develop tropical plantation agriculture in the Territory of Papua.

BNGD commenced operations in Port Moresby a few months later after buying the operations and general merchant store of our early independent trader, Charles Baldwin.

14 years on, BNGD's plantation and trading operations were formally split by utilising an existing subsidiary and renaming it BNG Trading Company Ltd for the express purpose of handling just the trading affairs of the company.

Manager of BNGD, Mr G A Loudon set about providing the newly created business its first premises at No.10 Musgrave St. by extending the store purchased from Baldwin.

The year was 1924. **Welcome to The BNG Trading Company Limited story.**

We were also pioneers in food technologies back in the day, in 1926 BNG Trading Company provided Port Moresby with its first Soda Fountain.

In 1927 the Musgrave Street building was expanded and a 2-story structure was built alongside the original store.



By 1933 the parent, BNGD was crippled financially because of low commodity prices combined with the worldwide Great Depression, so it decided to sell all the shares in the BNG Trading Company to Burns Philp on 24th April.


Between February 1942 & June 1943, 113 Japanese air raids took their toll and our BNG Trading Company store in Musgrave street was burnt to the ground.

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After WW2 BNG Trading Company staff returned to Port Moresby and by 1956 we had moved to a far larger premises in the Burns Philp warehouse at Badili.

And finally in 1998 present owners, the Wallace Family bought The BNG Trading Company Limited from Burns Philp.

We are the oldest continuous merchant trading operation importing, manufacturing, distributing, and marketing grocery products in Papua New Guinea.



BNG Trading Company has grown to become a dynamic, modern business consisting of three main business units.

We import and distribute a wide variety of foods and other consumer products as well as commodity trading and indent business.

We represent, manage and distribute international consumer brand names and products, covering grocery food, beverage, commercial cleaning, personal care, health & beauty and other non-food items.



We also have our own range of private label products such as bakery ingredients, dairy, sugar, tinned meat & fish, beverages, spreads, and cleaning products, several of which are manufactured locally.



Papua Niugini Freezers is PNG's largest supplier, manufacturer and exporter of smallgoods and meat-based products.

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We also sell butchered lamb, pork, beef, seafood, and dairy products, plus our famous saveleys are exported throughout the South Pacific.

PNF has an extensive nationwide cold chain logistics & distribution network. We have achieved ISO 22000:2018 and HACCP Code 2020 certification by TQCSI a global certifying body. The certification is to AU/NZ industry food manufacturing standards.



Wimble & Co supply's PNG and the South Pacific Region with graphic art supplies, printing equipment, plates, chemicals, papers and other related products to newspapers and commercial printers.

We are a leader in packaging, industrial and commercial chemicals, cleaning products, personal protection equipment, food service containers specialty bags, stationery, eco-products from wooden cutlery, paper bags, disposable paper food containers and compostable materials.

Each company under the BNG Trading Company umbrella has a vital and integrated role to play in the group's high quality and reliable operations.



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**We have PNG covered**

# IN PARADISE

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*COVER PHOTO: A tribesman from the Simbu Province adorned in a headdress with bird feathers. The photo is one of 12 featured in a limited-edition 2025 wall calendar by David Kirkland.*



# Message from the Acting CEO

## Welcome aboard



The bird of paradise holds profound cultural importance in Papua New Guinea, representing beauty, elegance and freedom.

In Air Niugini's 'Bird of Paradise' service, this symbolism reflects our dedication to delivering exceptional hospitality, comfort and service to our passengers.

Just as the bird of paradise showcases its vibrant feathers and dances with grace, Air Niugini aspires to provide a similarly captivating experience. Our 'Bird of Paradise'

service embodies the warm hospitality and genuine care inherent in Papua New Guinean culture, ensuring passengers feel welcomed and valued from the moment they board.

Welcome aboard Air Niugini! As you settle into your journey with us, we are excited to share the vibrant stories and updates from PNG and beyond in this edition of our in-flight magazine.

We begin with an exciting milestone for Air Niugini: the anticipated arrival of the first of our new A220 aircraft in September next year. This is the beginning of a fleet replacement that promises to enhance your flying experience with state-of-the-art technology and unparalleled comfort. We cannot wait for you to experience the new era of aviation with us.

In hospitality news, the Grand Papua Hotel and Lae International Hotel are poised for major transformations. With comprehensive renovations, facelifts, and expansions, these iconic establishments will soon offer even more luxurious and modern amenities.

In April, we saw a moving moment when the prime ministers of PNG and Australia trekked part of the historic Kokoda Trail to mark ANZAC Day. Their trip was a symbol of the common past and lasting friendship between our countries, as well as a way to honour and remember those who gave their lives.

PNG is home to a remarkable array of wildlife, including the magnificent birds of paradise. With 32 of the 46 known species found

within our borders, these extraordinary birds are a testament to the rich biodiversity of our nation. Our feature article delves into the fascinating world of these avian wonders.

The 2024 Hiri Moale Festival was a successful event in Port Moresby, held in March. This cultural celebration is a highlight of our tourism calendar, offering a vibrant display of traditional music, dance and artistry that captivates visitors from around the globe, celebrating the Hiri trade.

Rabaul, a town with a resilient spirit, continues to stand strong despite its tumultuous past, from wartime bombings to volcanic eruptions. Today, it is a prime destination for cruise ships, and tourists are eager to explore its unique history and natural beauty.

In Lae, the serene village of Labu offers tourists a chance to immerse themselves in nature and local culture. From exploring mangroves and lakes to hiking to the Pupuli waterfall, visitors can experience the traditional lifestyle and culinary delights prepared by the women of Labu Miti.

Madang invites you to discover its rich cultural tapestry through tours by Melanesian Tourist Services. Engage with local villagers, witness traditional dances, learn about ancient cooking methods, and even participate in the social custom of betel nut chewing. The craft of clay pot making, a practice rooted in tradition and trade, is also a highlight of this immersive experience.

Port Moresby, our bustling capital, offers myriad attractions for tourists. From the vibrant activities of Ela Beach to the historical Bomana War Cemetery, and the dynamic Adventure Park with its crocodile shows and birds of paradise, there's something for everyone. Don't miss the National Museum and Art Gallery, Parliament House, and the serene Port Moresby Nature Park with its spectacular displays.

Thank you for choosing Air Niugini, and we look forward to welcoming you on board again soon. *Bamahuta! Lukim yu bihain.*

Gary Seddon  
Acting Chief Executive Officer





# Welcome to Papua New Guinea

*Mipla Hamamas Long Lukim Yu!*

## Flame Bower Bird of Papua New Guinea

Photographer - Dubi Shapiro

The flame bowerbird can only be found in the rainforests of New Guinea and is one of the world's brightest-coloured birds. The male flame bowerbird performs a courtship display with his bower by twisting his tails and wings to the side and shaking his head quickly. To attract females, the male flame bowerbird can pulse his pupil size at the peak of his display.



*Papua New Guinea*

A MILLION DIFFERENT JOURNEYS

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## PARADISE Q&A

# BETTY CHAPAU

This PNG writer proudly shares her Manus culture through her poetry. She talks to *Mary Tao* about her start in writing, the meaning behind her most recent piece, *A Love Letter*, and her hopes for local creative writers.

**Q: Where are you from?**

A: My parents are both from Manus Province. My dad is from Timoenai village, and my mum is from Pelipowai. Their villages are next to each other on the south coast. I was born in Kavieng and then we moved to Madang, so most of my growing up was in Madang Province.

**Q: When did you start to blossom as a writer?**

A: I started writing in high school. I went to Malala Catholic Secondary. English class was where I found enjoyment. I was always eager to write essays and just create *tingting* (imaginative) stories.

**Q: Did anyone ever tell you to turn your writing into a career?**

A: Sister Jane Frances Millane. She was an American teacher. She would see the potential in you even when you wouldn't see it. When we were picking our options to go into university, I said I wanted to take up an engineering course. She said, "Ah Betty, I think you'll do well in journalism or communication writing." In one of our English classes, she read out my essay. Because she was someone I looked up to and thought highly of, that was the moment that made me feel like I could write.

**Q: What did you end up studying?**

A: I went to the Philippines to get my degree in engineering. I wanted to take up a course in line with aviation. But at the moment I'm putting most of my time into writing.

**Q: So why poetry?**

A: I feel like poetry is a way to express myself from a very human point. Everyone



PICTURE: NATHAN WIDROWIN

Betty Chapau says writing is a way of celebrating and preserving her cultural heritage.

just wants to be understood. The moment you find your community, there's this sense of hope. When I started to have the confidence to write publicly through Instagram, I would get comments from someone saying they felt the same way. It encouraged me to write more. We all have our own mental struggles

and writing is a good tool to help. Also, I want to celebrate my cultural heritage and preserve it in my writing.

**Q: Your pen name is Pihindras. What does that mean?**

A: *Pihin* in my mother's dialect means *meri* or *woman* and *dras* is *solwara* (saltwater/



ocean) in my dad’s dialect. Now it’s also the name of my website (pihindras.com).

**Q: Tell me about your poem, *A Love Letter*. What inspired you to compose it?**

A: The inspiration came from wanting to write something encouraging for Papua New Guinean women, to have a light for the younger generation and be grateful for the women who came before us. There’s so much that we go through. At times, because of our cultural ways, we don’t have a voice. The poem starts with a letter addressed to *Drekein* (little girl) then it goes on to *Pinchuel* (young woman), *Ina* (mother) and *Sasim* (grandmother). Because we are different ages the same advice does not fit everyone.

**Q: Which generation do you relate to the most?**

A: *Pinchuel*. When you’re a young woman, you’re finding yourself. The first line (of the third stanza) says, “Let not the world

“

English class was where I found enjoyment. I was always eager to write essays and just create *tingting* (imaginative) stories.

”

control your self-esteem.” Oftentimes we get influenced by the environment or the people around us. We’ll find our own paths – let’s not waste time in comparing ourselves. The last two letters to *Ina* and *Sasim* are about being grateful. At the moment I

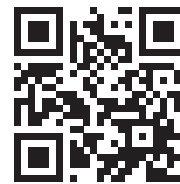
feel like I’m in between; I’m older than *Drekein* and *Pinchuel* and younger than *Ina* and *Sasim*.

**Q: What do you think we can do to encourage creative writing in our communities?**

A: We used to have the National Literature Competition and The Crocodile Prize. If they could bring writing competitions back, it can encourage people to write. We have so many stories to write about, *tumbuna* (ancestors’) stories that we grew up listening to (and) just our experiences. There’s no light shone on writing in Papua New Guinea. It would be nice if we had writers’ festivals that celebrate all writers.

**Q: Future plans?**

A: I would love to publish a poetry book. ■



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# UK charity rewards PNG marine group

**P**apua New Guinean marine biologist Naomi Longa has been awarded a £50,000 (PGK242,000) grant for her work in empowering women to conserve coral reefs.

Longa was presented with the grant from the Whitley Fund for Nature by Princess Anne in London. The fund is a UK charity.

Longa is co-director of the Sea Women of Melanesia (seawomen.net), a volunteer group based in Kimbe that provides women with training and resources for marine conservation work.

The volunteers recently culled 2380 crown-of-thorns starfish

in an outbreak on the Pelelua Reef, offshore from Buluma village.

The starfish are destructive to reefs and are thought to be on the increase because of changes in water temperature, fertiliser run-off from farming, and the hunting and collection of the triton shell, which is the main predator of the starfish.

The volunteers injected each starfish with a white-vinegar solution to kill them, and also took more than 500 images of the seven reefs in Kimbe Bay to record their condition.

Longa, who is originally from West New Britain, said in her acceptance speech:



PNG marine biologist Naomi Longa with Princess Anne (above); volunteers at work (right).



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“

The volunteers recently culled 2380 crown-of-thorns starfish in an outbreak on the Pelelua Reef (Kimbe Bay).

”



“This is about women power. Despite pushback from men in high positions, we fought and succeeded in creating this project run by not only women, but *indigenous* women.

“It is a beacon of hope and aims to protect sustainable fisheries, enhance biodiversity and build resilience against climate change.”

Longa says the grant money will be used to create four new locally managed marine areas with local communities in Kimbe Bay and to engage and train 10 women in five local villages to monitor coral reefs.

It will go towards establishing a local marine conservation committee in each of the communities, with equal representation of men and women.

The grant money will also be used to reduce destructive fishing practices, such as dynamite and overfishing, and to drive a transition towards sustainable practices such as no-take zones, selective fishing gear and traditional methods like spear and handlines.

“We are thrilled to be among the six winners of the 2024 Whitley Fund for Nature Award,” Longa said. “I am honoured to represent the team in London and to receive the award from Princess Anne. This is a significant boost for our team to continue pushing boundaries, being innovative, and building collaborations to protect our marine environment.” ■

– MARY TAO

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# PMs shoulder to shoulder at Kokoda

The Prime Ministers of Papua New Guinea and Australia walked a section of the Kokoda Trail in April to commemorate ANZAC Day.

James Marape and Anthony Albanese camped overnight and walked a tough 15-kilometre section of the trail over two days before attending the ANZAC Day Dawn Service at Isurava.

The Kokoda campaign during World War 2 lasted from July to November 1942. Around 625 Australian soldiers were killed and over 1600 were wounded as they faced the advancing Japanese.

“Participating in this walk is a solemn way to reflect on the sacrifices made by those who walked this same ground, people from Papua New Guinea and Australia, serving



James Marape and Anthony Albanese on the Kokoda Trail.

and sacrificing together in defence of their home,” Albanese said.

“I will always treasure my time in PNG, from the friendship of Prime Minister Marape, who kept his promise to walk with me every step of the way, to the kind attention of every one of the porters who made it all possible.

“PNG is our nearest of neighbours and our closest of friends.”

Marape gave Albanese ‘kudos’ for trekking one of the harder parts of the trail.

He said: “Our shared journey should send a message to the world: We do not want war. We do not want destruction of the environment. It must be co-existence, living peacefully and in harmony with nature and people of diversity.” ■

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Enjoy fresh lobsters and fish caught in our unpolluted waters by our local fishermen using traditional handline methods ensuring sustainability. Western, Asian, Thai and international cuisine are amongst our specialties.

Special dietary requirements are also catered for. We serve organic fruit and vegetables sourced daily by our chefs from the local markets.

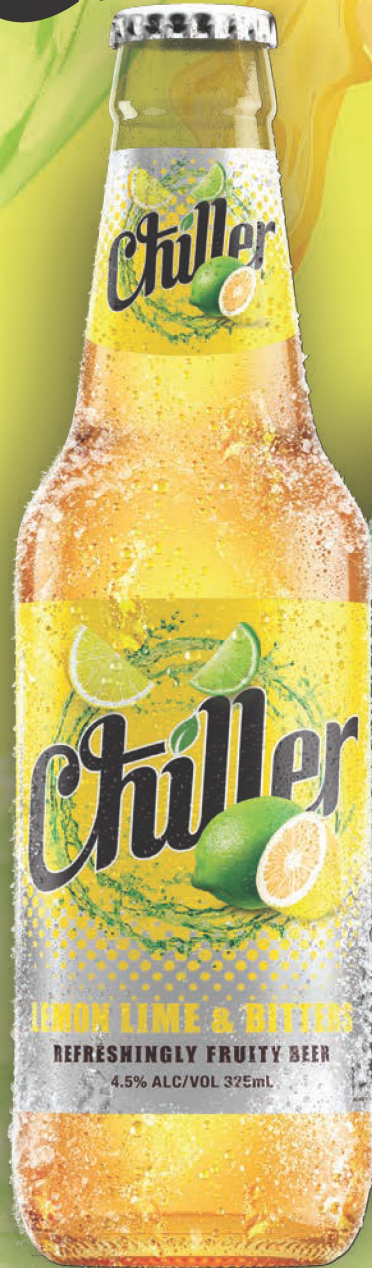
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# Grand plans for hotel

Port Moresby's Grand Papua Hotel is getting a makeover that promises new restaurant-and-bar concepts and updated high-tech rooms.

The PGK70–80 million rejuvenation of the hotel by Coral Sea Hotels follows on from the group's recent renovation of the Ela Beach Hotel.

The plan is to renovate one section of the hotel at a time while the hotel keeps operating.

Among the changes, the Grand Bar will be significantly bigger, there will be a collaboration with SP Brewery to create a more industrial brewery look and

feel, and a show kitchen will be developed in the restaurant.

The pool deck was recently renovated with a poolside bar and relaxed eatery.

Each guest room will be renovated, one floor at a time. New technology and entertainment systems will be a hallmark of the hotel.

There are also plans to redevelop the 15th floor, which will feature a sky bar and a library in addition to the hotel's exclusive executive lounge.

"We want to make sure we are reflecting the needs of customers, because we know 95 per cent are



The renovated pool deck at the Grand Papua Hotel, where the Coral Sea Hotels group is spending up to PGK80 million on a major rejuvenation.

corporate customers," a hotel spokesperson said.

"They (guests) want to have a good night's sleep, quick check-

in, quick check-out, and they want to have a beer in the bar and a good steak." ■

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# CHAMPION YACHTIE VISITS PORT MORESBY

**P**apua New Guinean–Australian sailor Liz Wardley visited the Royal Papua Yacht Club in Port Moresby recently to speak about the highlights of her yachting and rowing career.

Wardley, born in Rabaul, recounted her 4800-kilometre solo row across the Atlantic Ocean from Spain to Antigua in the Caribbean.

She set off from Spain on December 13 last year and arrived in Antigua 44 days later, where she proudly held up a PNG flag in front of a screaming welcoming party.

Wardley used her sailing experience – which includes the Sydney to Hobart Race and the Volvo Ocean Race – to cope with the hard weather conditions and to quicken her pace.

“I’m not a rower. My skills at rowing are poor,” she said.

“So, I knew if it was going to become a rowing race, I wasn’t going to do very well at all. If I could use the elements – the wind and the waves – to my advantage, then I was going to have a little edge. So that’s what I did; I always set myself up for the best wave angles

or wind angles instead of using great force through the water.”

Wardley’s visit to Port Moresby included speaking at the Carbine Club to some of the country’s top athletes. It was a full-circle moment for Wardley, who represented PNG in the 1995 South Pacific Games, winning a sailing bronze at age 16, as well as silver in the 1998 Hobie 16 World Championships.

“I actually learned how to sail here in Port Moresby, on a Hobie Cat 16,” she said. “It brings back very fond memories of my childhood running around here.

As *Paradise* went to press, Wardley was preparing to set out on another marathon row in June from Monterey, California, to Hanalei Kaua’i, Hawaii. ■

– MARY TAO



**Liz Wardley spoke at the Royal Papua Yacht Club.**

PICTURE: LENNOX MATAINAHO



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SCAN ME

# BIG PICTURE

TAKEN BY KARL WHITMAN

The photographer was holidaying on Manus Island when he was told about nearby Ndrover Island. "The locals were happy to take us there by boat, approximately one hour away," he says. "You can snorkel, canoe or fish in the crystal-clear waters of the blue lagoon all year. A small fishing village occupies the island."





*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.*



## The town that

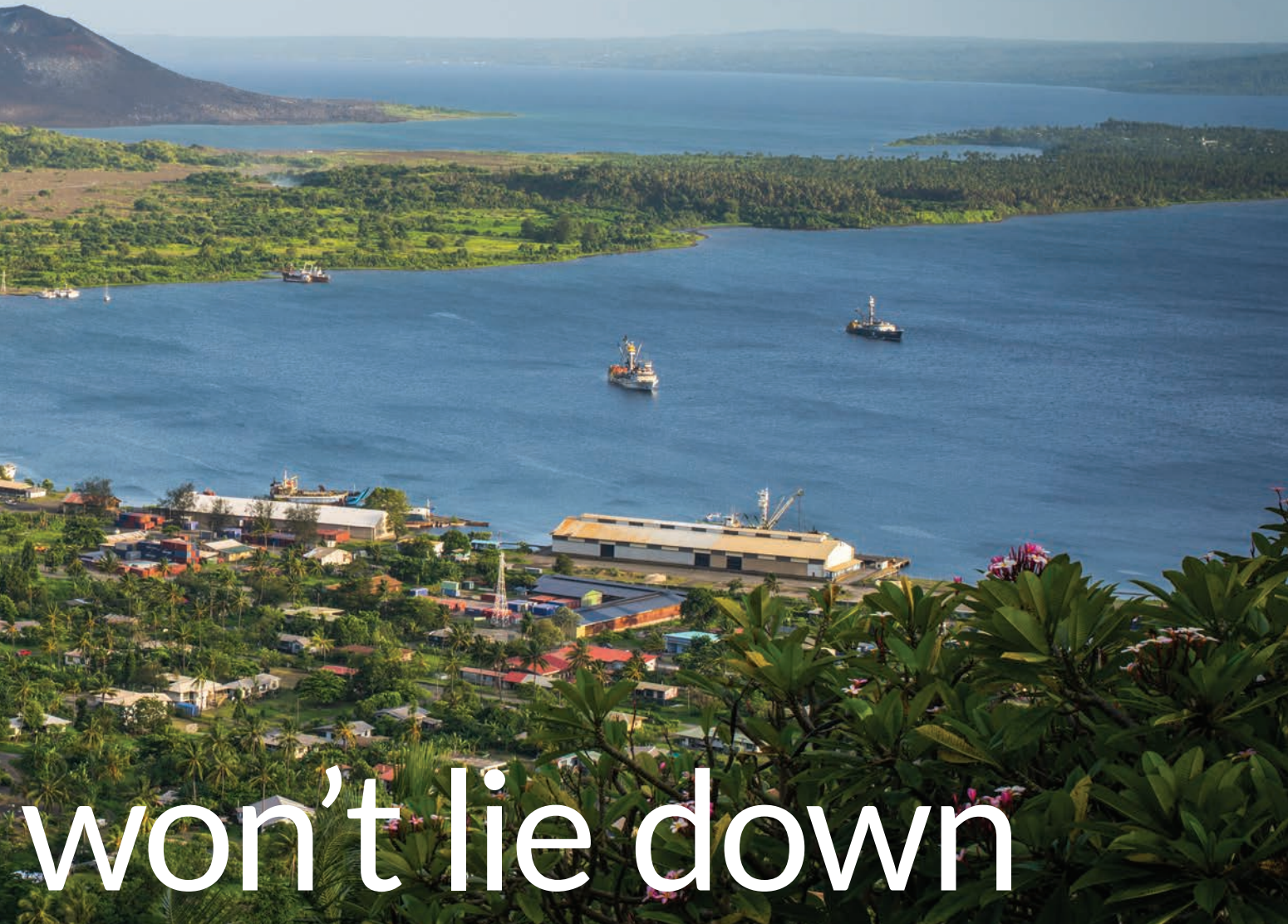
Rabaul was heavily bombed during the war, and it has been devastated by volcanoes, but it pushes on regardless and is a major destination for cruise ships and tourists.

*Marisa Howden* reports on the town's attractions and its 'never say die' spirit.

### A TORRID HISTORY

Once deemed the 'Pearl of the Pacific', Rabaul has a history that runs as deep as the caldera it's built upon. Colonised by the Germans in the late 1800s, Rabaul was the capital of the German territory Kaiser-Wilhelmsland until 1914.

Upon the outbreak of World War 1, Australia seized control of Rabaul and governed the territory until 1942 when war in the Pacific broke out. The Japanese occupied it until their surrender in 1945



# won't lie down

when Australia once again took control until Papua New Guinea's independence in 1975.

In 1937, a catastrophic twin eruption of the two volcanoes, Vulcan and Tavorvur, devastated the town, and during World War 2 Rabaul was heavily bombed.

But the people refused to go and they restored the town to its former glory. Rabaul once again became a thriving port town surrounded by thousands of hectares of copra and cocoa plantations. It was here you could cruise wide avenues and shop for Mikimoto pearls and Stuart crystal at ➤



1

**1** Rabaul's Simpson Harbour, one of the busiest ports in PNG, with Mount Tavorvur in the background.

**2** A float in the town's annual Frangipani Festival parade.

2





3

the famous and imposing Burns Philp store, along Mango Avenue, before enjoying a crisp G&T on your balcony overlooking Simpson Harbour.

Sadly, a 1994 twin eruption destroyed the town again and not much remains today apart from the Rabaul Hotel and Rabaul Yacht Club. However, the port was not severely affected and Rabaul is a key shipping hub.

The history and the spirit of the town continue to live on through its people and the historically significant sites such as the bunker of Japanese Admiral Isoroku Yamamoto (the mastermind behind the bombing of Pearl

Harbor), and the memorials to Lark Force, a garrison of 1400 men who were left to defend Rabaul against an amphibious force of 20,000 Japanese soldiers.

Rabaul is also the site of PNG's volcano observatory, which monitors not only Rabaul volcanoes but also others in the Pacific Islands region.

#### WHY YOU MUST VISIT

Climbing volcanoes, visiting war relics, diving shipwrecks and reminiscing with locals ... there's plenty to do in Rabaul for the adventurous type.

You can easily fill a few days here if you're willing to go off the beaten track. A climb of Tavurvur – a strenuous 45-minute walk up the active volcano just outside of town – will kickstart your day. Wear sturdy shoes as the surface is slippery, but you'll be met with stunning views up top. See the megapod eggs and hot springs on your way down.

When you're back at sea level, pay a visit to Rabaul's oldest establishment, the New Guinea Club (key available from Rabaul Hotel). It was formed in 1919 and, remnants of the original building still stand, and the club now serves as a museum with relics and photos





- 3 A traditional *Kinavai* performance on the shore of Simpson Harbour at the Frangipani Festival.
- 4 The 'Kings of Culture' men from Matupit Island sing with thunderous voices while marching through the streets of Rabaul during the 2023 Frangipani Festival.
- 5 Souvenir vendors in Blanche St, outside the port, display handmade items such as *bilums* and *meri* blouses for tourists who have arrived by cruise ship.
- 6 The iconic New Guinea Club (established 1919) was a private men's members club before World War 2 and the only building left standing after the bombing of Rabaul in 1942. The club is now a museum.
- 7 The Rabaul Hotel has become famous on Instagram with many posts of its iconic sign.

from World War 2. Next door is Admiral Yamamoto's bunker during the war, which consists of an extensive network of tunnels and rooms deep underground.

After lunch, take a drive to the Rabaul Volcano Observatory and learn more about the volcanoes that the town is built around and the eruptions that have occurred over the years. The view from up here is special too. Finish your day with a cool drink at the Rabaul Yacht Club and meet a few old-timers who will regale you with stories of *taim bipo* (Tok Pisin for 'previously').

On your second day, head over Tunnel Hill Rd to the north coast and see a different side to Rabaul. Drive up to the submarine base the Japanese created to service their submarines from a network of tunnels.

The other way up the North Coast Road is a scenic drive looking out at Talili Bay, which was named after the first Tolai people who fought back against German colonisers.

Ratongor Catholic Mission is further along this road and is where more than 900 Chinese were interned during the war. Stop for lunch at Kulau Lodge and enjoy Rabaul's beautiful black sand beaches.

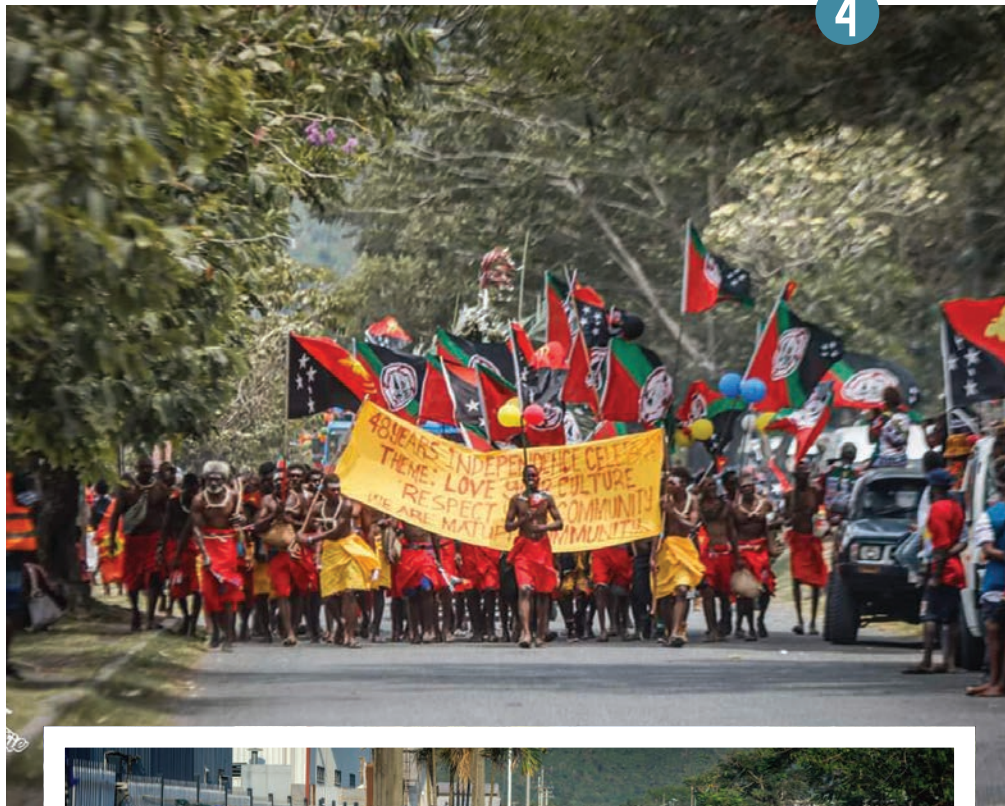
Finish your day by visiting the Japanese barge tunnels for a look at the depth the Japanese went to avoid bombing by the Allies. All activities and cultural tours can be organised through a guide from Rabaul Hotel.

**WHAT I LOVE MOST**

The view from the top of Tavurvur.

**DON'T MISS**

The New Guinea Club – a haven of information for those interested in Rabaul's history. ➤



4



5



6



7



**BE SURE TO ...**

See one of the cultural performances unique to East New Britain. Rabaul's indigenous Tolai people are well known for their Kinavai ceremony. The Tolai men invoke the highly feared *dukduks* and tubuan spirits by dressing in cone-shaped masks with round balls of leaves across their bodies.

They arrive on canoes, as the Tolai first did when they migrated to Rabaul, and dance to *kundu* drums while the Tolai men perform a whipping ritual.

Journey further inland to the mountains where the Baining people live. Pushed out by the arrival of the Tolai, the Baining people are known for their fire dance, an initiation ceremony for young boys as they enter adulthood. Men hide their faces with large eerie-looking masks that have bulging eyes and protruding lips, and dance around the fire, kicking the embers to create fiery explosions.

**EAT THIS**

Agir is the Tolai local dish, prepared on special occasions using hot stones to cook coconut milk, vegetables and meat.

**LOCALS SAY**

Rabaul is where it all began. It's where the road ends and where the adventure begins.

**WHEN TO GO**

Anytime, but be mindful that wet season runs from November to March.

**EVENTS**

The annual Frangipani Festival is on September 14 and 15 this year, and the 48th National Game Fishing Titles will be held in Rabaul in April 2025. ▶

“

A climb of Tavurvur – a strenuous 45-minute walk up the active volcano just outside of town – will kickstart your day.

”

8



9



10



11



12



- 8 Locals in front of street art showing Tolai tubuans and *dukduks*.
- 9 A bird's-eye view of Rabaul, seen from one of the many cruise ships that visit.
- 10 The interior of the museum at the New Guinea Club.
- 11 Children having fun at Blue Lagoon on a Japanese crane, a relic from World War 2.
- 12 Rabaul's fresh produce market.



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**KEEP IN MIND**

When cruise ships are in port the town's resources can be over-extended. Also, bear in mind the town is built between two active volcanoes.

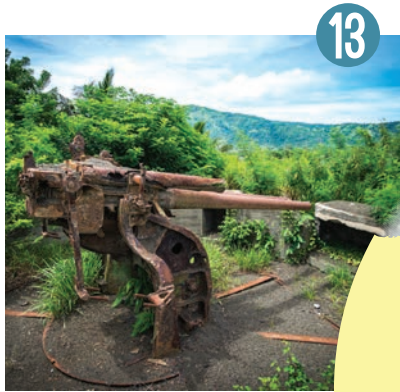
**SOMEWHERE TO STAY**

The Rabaul Hotel has stood the test of time and is one of the last remaining buildings in the old part of town. Its owner, Susie McGrade, grew up in Rabaul and is more than happy to help coordinate your trip. For something a little quieter, try Kulau Lodge on the North Coast Rd.

**READING**

For more on Rabaul's history, see [marisajonesbooks.com](http://marisajonesbooks.com).

 **Air Niugini flies from Port Moresby to Rabaul 12 times a week. See [airniugini.com.pg](http://airniugini.com.pg).**



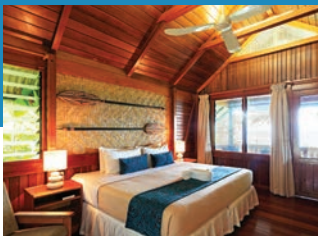
**13** Japanese World War 2 guns remain dotted around Simpson Harbour.



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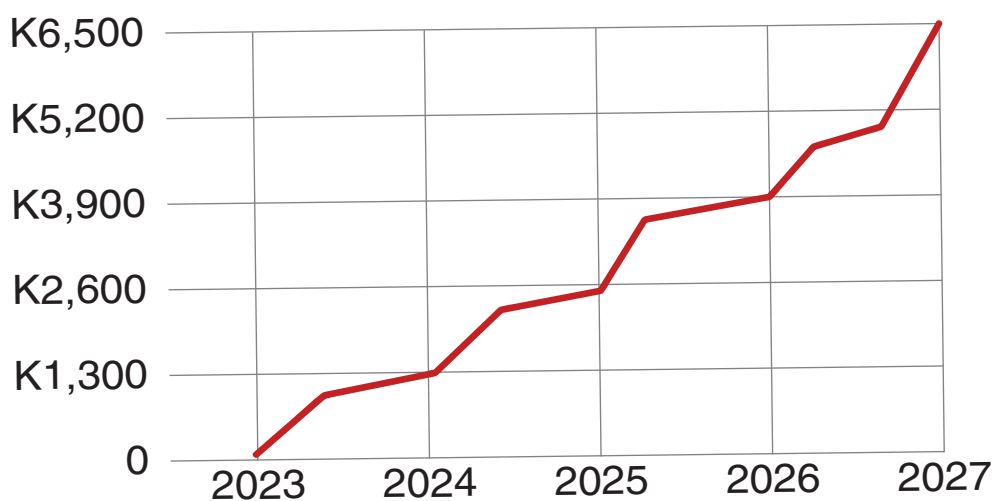


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# SEIZE THE DAY

## PORT MORESBY

### BEACH, NATURE AND MUSEUM

Buna Treks and Tours offers day trips to see the highlights of Papua New Guinea's capital city.

After an 8.30am shuttle bus pick-up from your hotel, the tour sets off on a scenic drive that includes Ela Beach, APEC Haus (in the shape of a traditional *lagatoi* sail) and the Paga Hill Ring Road.

The tour then journeys out of town (about 30 minutes) to the Bomana War Cemetery. Among the buried are local forces and Australian soldiers who died during World War 2.

Next on the itinerary is the Adventure Park at 14 Mile. The park has lots to see, including a crocodile show, and the National Orchid Garden with hundreds of orchid species.

Then, it's back into town to the National Museum and Art Gallery, the country's biggest collection of traditional artefacts, paintings and preserved wildlife. This is followed by an opportunity for photos outside Parliament House, just next door. It is inspired in shape by the sacred meeting house of the Maprik people in East Sepik, with motifs representing different tribes at its entrance.

The final stop is Port Moresby Nature Park. It has more than 350 indigenous animal species, as well as a snake exhibit and a walk-in aviary.

If you do this tour on a Saturday, it can include stops at craft markets around the city.

The tour ends about 3pm. Water is provided, but it's a good idea to ask your hotel to pack a lunch.

– MARY TAO

See [bunatreksandtours.com](http://bunatreksandtours.com),  
tel. +675 733 23273.



Paradise writers reveal some of the best day trips to do at Air Niugini destinations, including village and waterfall visits, food walks, stadium tours and market stops.



PICTURE: LENNOX MATAINAHO

**LAE**

**LAKES, BOATS, WATERFALLS AND MUD CRAB**

For a real local’s perspective, take a tour with LaeAbout Tours to Lake Labu, also known as Herzog Swamp.

Tour owner and operator Emma Nasinom organises trips to her own village, Labu Miti, beside the lake.

The tour typically starts at Lae’s main wharf at 7am (a later start can be arranged). It’s a 15-minute boat ride to the village, with the dinghy carrying a maximum of 12 people.

Along the way you’ll see mangroves, which are vital for the lake’s thriving ecosystem, sago palms and villagers in their dugout canoes returning from their island gardens or fishing.

From the village, it is a one-hour hike to Pupuli waterfall for a refreshing swim and a drink of *kulau* (water from a young coconut).

After walking back from the waterfall, have a break at Nasinom’s family area before heading to a secluded beach where leatherback turtles come to nest.

The last part of the tour includes traditionally prepared mud crabs, shellfish and freshly caught fish with root crops, made by the women of Labu Miti.

You can end your day with a swim, a game of volleyball with the villagers, or chill on the beachfront before heading back to Lae at 3pm.

– MARY TAO

See [facebook.com/laeabout](https://www.facebook.com/laeabout), tel. +675 7109 9542. ➤



Port Moresby market vendors Cathy and Julie Mathew (left); Pupuli waterfall near Lae (right).



**MADANG**

**VILLAGE VISITS, POTTERY AND DUGOUT CANOES**

Melanesian Tourist Services has an afternoon tour that immerses visitors in local culture, including a village visit with a *sing-sing* welcome with traditional dancers and *kundu* drums.

Visitors can interact with the villagers to learn about their culture, and there's a demonstration (and tasting) of traditional cooking methods for root crops such as *kaukau*.

You can also see how betel nut is chewed, a social custom prevalent in the country.

At another village stop, there's a demonstration of clay pots making. Clay pots were used for trade, and today, villagers continue to use traditional methods to make them.

The pots are available for sale, as well as other souvenirs like beaded necklaces.



There's also the opportunity to paddle a dugout canoe before visiting the Nettai Butterfly Garden at Bilbil.

To finish the day, there's a stop at the Coastwatchers Memorial Lighthouse, commonly known as Kalibobo Lighthouse, at the entrance to Madang Harbour. It stands in commemoration of a group of Allied soldiers who spied and reported on Japanese movements during World War 2.

The tour wraps up at 4.30pm.  
– MARY TAO

See [mtspng.com](http://mtspng.com), tel. +675 422 2983. ➤

Clay pot making at Bilbil village near Madang.







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**SYDNEY**

**BARS AND STREET ART**

“If you want to go out on a Wednesday night in Sydney, this is where you’d come,” says Justin, our guide on the mid-week Small Bars and Street Art walking tour of the inner-city neighbourhood of Newtown.

We start beneath a sprawling mural paying homage to Dr Martin Luther King Junior and his famous statement, “I have a dream”.

From here the group wanders the district’s busy streets, lined with old shopfronts housing bars and restaurants.

Bars visited on the tour include such places as Uncanny, a relaxed space with dark green walls, hanging art, and a neighbourhood hang-out vibe; Enmore Country Club, a confection of 1970s style with wood panelling, lurid wallpaper and funky cocktails; and Bar Planet, a cool martini bar, which also serves a signature savoury popcorn.



Street art and bar in Sydney.

Between these drinking holes, the group takes in vivid street art, from a sprawling mural depicting a woman discovering a vast undersea world, to the cute creations of the artist Birdhat (who paints birds wearing hats).

King of them all is the long-lived mural titled *It’s a Jungle Sometimes*, which depicts exotic animals – elephants, giraffes, rhinos – stampeding through the Newtown streets.

– TIM RICHARDS

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



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**BRISBANE**

**RUGBY LEAGUE HEARTLAND**

Established in 1914 as Lang Park (and formerly the North Brisbane Burial Ground, from 1843 to 1875), the site of Suncorp Stadium is well known to Papua New Guineans as the epicentre of rugby league in Queensland.

Its rectangular playing field also hosts rugby union and soccer matches, making it the city's premier sporting arena.

The best way to experience the stadium is to attend a game there, of course; but to supplement that experience with insider knowledge and access to behind-the-scenes secrets, join the Suncorp Stadium Tour.

Running from Monday to Friday on non-match days, this tour covers the stadium's former life as a cemetery, then its transformation into a sporting arena and its eventual development into the current grand facility. In addition to learning about the staging of a major sporting event, tour members enter areas usually off-limits to sports fans, including locker rooms and the media zone, and stand on the edge of the hallowed ground itself.

– TIM RICHARDS

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



Brisbane's Suncorp Stadium.



Street art in an alleyway in Cairns.

**CAIRNS**

**TATTOOS, RECORDS AND COFFEE**

Given this city's sunny location, you'd think tour guide Peter Schleifer might have difficulty selling Cairns as a hipster hotspot on his Cairns Hipster and Street Art Tour.

Don't hipsters hang around grungy neighbourhoods and dimly lit bars?

"I'm talking more about the hipster mindset," he answers, claiming the Far North Queensland city is full of things hipsters like, including tattoo parlours, cafes, vegan food, vintage clothing outlets and record shops.

Thus, his tour winds through the city centre, uncovering specialty retailers unnoticed by the casual visitor.

One such place is Cairns City Tattoo, opened in 1984 by a local family who've been crafting body art for decades. Other stops include a stylish burger joint within a beautiful retro interior, and a cafe boasting a wide range of beans. We also visit an alley covered in street art.

The highlight of the tour is a stroll through Oceana Walk, a shopping arcade with outlets selling artisanal coffee, funky homewares, second-hand books and vinyl records. It's everything a hipster could want, in a tropical setting.

– TIM RICHARDS

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

**SINGAPORE**

**FOOD WALK WITH A SWEET ENDING**

Situated in the island city's east, the Katong and Joo Chiat neighbourhoods are a microcosm of Singapore's fascinating cultural diversity. As an area associated with the island city's Malay, Eurasian and Peranakan Straits Chinese communities, its restaurants serve a marvellous variety of cuisines.

Local tour operator BetelBox Tours navigates this stomach-pleasing diversity on its regular Joo Chiat–Katong Food Walk in Singapore's largest architecture conservation zone.

The result is a pleasant journey through the neighbourhoods, with plentiful sampling of traditional dishes. In addition to Peranakan and Malay cuisine, tour members taste food from Indonesia and India, with an array of tropical fruit and sticky rice desserts at the end.

With a casual vibe, it's a fun and sociable stroll, and between restaurant stops the guide weaves details of social history into the commentary.

Given the quantity of food on offer (possibly too much for anyone to finish off), this tour is top value for money. Whatever you do, don't eat before you go!

– TIM RICHARDS

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





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Hong Kong's colourful food scene (right); the US Memorial in Honiara (below).

**HONG KONG**

**DIM SUM, NOODLES AND MORE**

The Hong Kong Food tour offered by Hello Hong Kong takes a maximum of nine tour members on a taste-filled adventure beginning in the Sheung Wan district of Hong Kong Island, also covering elements of local culture that illuminate the food scene.

Over four hours in Sheung Wan, Central and Wan Chai, the tour group enjoys a dim sum breakfast at a restaurant, that still serves its dishes via trolley service and wonton noodles at a shop dating back to the 1960s and recommended by the famous Michelin restaurant guide. The group samples a 'milk tea' that's a relic of the British era; embark on a tram ride to eat barbecue pork at another Michelin-favoured restaurant and an egg tart at a renowned local bakery.

In addition to eating and drinking, the group also drops into a tea shop to sample preserved candies, and to a family-run soy sauce producer. There are also memorable visits to a dried seafood shop, a Chinese medicine outlet, and Hong Kong's oldest wet market.

– TIM RICHARDS

See [hellohongkong.com.hk](http://hellohongkong.com.hk).



PICTURE: CHRISTIAN ALDER

**HONIARA**

**MARKETS, MEMORIALS AND MUSEUMS**

For many of the international travellers who visit the Solomon Islands every year, Honiara, the national capital, is a springboard to the destination's main tourism corridors in the Western Province: Malaita and Santa Isabel.

But if you linger in the capital, you may be pleasantly surprised at what this bustling city of some 85,000 inhabitants has to offer.

One easy way to embrace Honiara's highlights is to experience a three-hour Honiara City Tour with lumi Tour Solomons.


Highlights include visits to the huge central market, National Parliament, the National Museum and Art Gallery and the impressive US Memorial perched on the top of Skyline Ridge, a poignant reminder of the role the Solomon Islands played during the critical



and very bloody Guadalcanal campaign in World War 2.

– HAL DENTE

Contact [iमितoursolomons@gmail.com](mailto:iमितoursolomons@gmail.com), see [visitsolomons.com.sb](http://visitsolomons.com.sb).

 Air Niugini flies to all the destinations mentioned. See [airniugini.com.pg](http://airniugini.com.pg).

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# From PNG, we are now creating a global Santos Foundation.

Here are some of the ways we've had an impact in Papua New Guinea in 2022.

At Santos, we continue to build on the great work of the Oil Search Foundation through the launch of the Santos Foundation in 2023. The Santos Foundation will have a strong focus on building resilient communities and advancing economic pathways.

## Health

No. of immunisations administered to children under 5 years old



**326,552** immunisations administered across **105** facilities



No. of COVID-19 vaccinations

**8,525** people across the three provinces vaccinated

No. of people reached through awareness

**Reached 108,000** participants through the delivery of 681 community information and awareness sessions.

## Youth



No. of youths having work opportunities

**13 young graduates** completed the Electrical Trade Course at the Pimaga Vocational Education and Training (VET) school to participate in the Seasonal Worker program in Australia.

## Family & Sexual Violence



No. of subscribing companies under Bel isi PNG

**17** companies including **Santos**

No. of new clients seen at the Family Support Centre (FSC)

**1,972 new clients** seen across the 6 FSC sites in Hela



## Community Development

**3 Literacy Libraries** in operation, **209 children enrolled** across all the libraries.



**67 small grants** valued at **K326,059**



**151 children assessed as ready for school**



**27,200 people** benefitting from these small grants

# WHAT IT'S LIKE TO STAY AT **RAFFLES** **SINGAPORE**

*Daniel Scott checks into one of the world's great hotels.*





There is a certain thrill, when approaching one of the world's great hotels for a stay, that is hard to define.

As my taxi crunches onto the gravel driveway outside Raffles, and its grand three-storey facade comes into view, excited anticipation fills my stomach. Then, when one of Raffles' white-uniformed, turbaned Sikh doormen opens the car door for me, I know that I have arrived not just at a hotel but at a venerable institution that is redolent of Singapore's rich history.

It's an impression that's confirmed as I walk through the busy entrance and past the 1885 grandfather clock in the lobby, glancing at the huge 8800-piece, 900-kilogram chandelier above, which reputedly cost PGK2.8 million as part of the hotel's make-over, finished in 2019.

Over the near 140 years since Armenian hoteliers the Sarkies brothers first acquired

a Singapore beach house on this site, in 1887, with a view to turning it into one of the planet's most luxurious properties, Raffles has seen royalty and presidents, movie legends and rock stars come and go.

Lauded writers like Joseph Conrad and Rudyard Kipling were early visitors, lending Raffles a glamorous air right from the start, with others such as Noel Coward, Ernest Hemingway, James A. Michener and, more recently, Pico Iyer, the first holder of the hotel's writers' residency. In the Writers Bar, near the entrance, you can sip a highball inspired by Somerset Maugham.

**RAFFLES FOR TRAVELLERS**

Checking in to a Palm Court suite – at US\$1000 (PGK3878) per night – in one of Raffles' original wings will make you feel you have arrived, in style, in Singapore. With

three separate spaces, a welcoming parlour at the front, an expansive, high-ceilinged bedroom with four-poster king-sized bed and a large marble-floored bathroom with freestanding tub, my suite provides a peaceful retreat from one of the world's busiest modern cities.

An outdoor verandah for drinks or snacks and an on-call butler ready to tend to any request – including drawing a relaxing evening bath for you – add to a feeling of indulgence.

The Raffles complex – comprising as it does a long arcade of shops, courtyards, cafes, bars, lawns, an enviable outdoor pool, a state-of-the-art spa and numerous and varied dining options – has something for every traveller.

An excellent way of getting your bearings, as well as gaining insight into Raffles' storied past, is to do a tour with the hotel's resident



PICTURES: SUPPLIED BY RAFFLES & DANIEL SCOTT



The front entrance of Raffles (main); the third-floor swimming pool (top); the hotel's Writers Bar (above).



historian, Nazir Yousef. From his tales of escaped circus tigers roaming the grounds, in 1902, to descriptions of the hotel's takeover by the Japanese during World War 2, during which staff scrambled to bury the property's silver, to leading us through the opulent Presidential suite, Yousef's tour is like walking through Singaporean history. It is little wonder Raffles was declared a national monument, on its 100th birthday, in 1987.

For those travellers, like me, for whom wellness is important while on the road, the hotel is better equipped than ever. On steamy Singapore days, the third-floor outdoor swimming pool, with its tropical surrounds, is an enticing enclave for a refreshing dip, or head to the fitness centre, or a sunset yoga session on the lawn.

At the Raffles Spa, I indulge in a 120-minute Sumatra healing ceremony, involving a body scrub with traditional herbs and Indonesian massage techniques to aid circulation.

Stepping out of the hotel is easy, with Raffles offering a series of 'Insider Tours'. With bespoke options, tailored to your interests, these include visits to Chinatown, Sentosa Island and a compelling, self-guided hawker food trail close to the hotel.

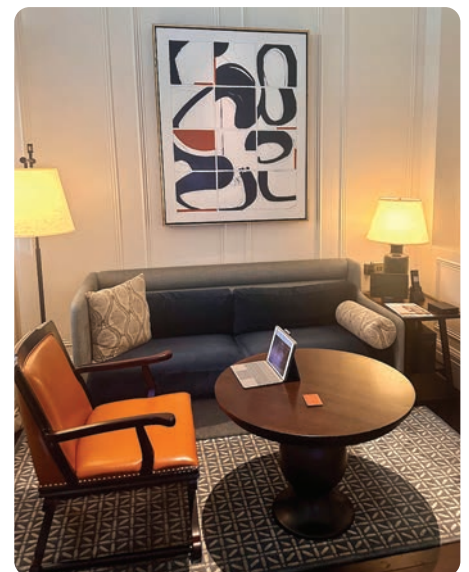
For my insider adventure, I visit Singapore's World Heritage-listed Botanical Gardens, in the company of passionate outdoorsman Jason Lee. As we wander around the 80-hectare gardens, Lee provides insights into the many species of tropical trees, and other plants (including orchids) of the rainforest. He also reveals the story of the British and Anzac prisoners of war tasked with landscaping the gardens during the Japanese occupation.

At the end of that tour, Lee hands me over to Felicia Lee for another insider experience, a 'Soulful Meditation', inside a colonial bandstand in the gardens. This is 60 minutes of guided breathwork and meditation, that has my mind drifting off amidst tropical birdsong.

**RAFFLES FOR BUSINESS**

Back at Raffles, there is no more impressive address for a business meeting than the hotel lobby, perhaps over a famous High Tea.

Even when it is busy, a sense of space and openness prevails, and these peaceful, historic surrounds not only recall important deals being made, going right back to the hotel's early days,



“ Raffles has seen royalty and presidents, movie legends and rock stars come and go. ”





A bedroom in one of the Studio suites (above); the parlour in a Palm Court suite (left).



The breakfast buffet in the Tiffin Room (above); a bathtub in a Palm Court suite (left); the Chairman's Room offers a 10-seat private dining enclave (below).



but also provide a refined, convivial background for discussions with clients or colleagues.

While it has no business centre, or dedicated conference facilities, hotel staff will happily assist with secretarial services and photocopying, and the connectivity is excellent.

Inside the Palm Court suites, nearly everything – from opening and closing the curtains, to controlling the lights in all three rooms, to changing the television channels and contacting your butler – is accessible at the touch of an iPad screen.

During my stay, I find the parlour, – with its two tables and comfortable seating areas, mini bar (including caviar flavoured crisps) and tea- and coffee-making facilities – an easy and convenient place to work. The parlour and the outside verandah are also good spaces for more private meetings.

**RAFFLES FOR COURMANDS**

Any one of Raffles' numerous restaurants would also make for an inviting venue for a meal with business colleagues or, simply, a

feast for the senses for food lovers.

Just off the lobby is the elegant La Dame de Pic, with French cuisine created by Michelin-starred chef Anne-Sophie Pic. Also near the lobby is the Tiffin Room, where breakfast presents so many choices, from a symphony of colourful, freshly squeezed juices through the crisp and flaky layers of house-baked pastries to a la carte dishes like eggs Benedict with smoked salmon.

At lunch and dinner, the Tiffin Room morphs into a fine North Indian dining venue, the oldest



in Singapore, where the flavours are delicate and the dishes unusual. My dinner here includes my first experiences of a tandoori octopus served with quinoa and a delicious crab masala.

On another night, I enter carnivore heaven at The Butcher's Block, above the Raffles Arcade. Headed by Hawaiian chef Jordan Keao, the restaurant follows a philosophy of whole animal butchery, wood-fired cooking and zero waste.

My tasting menu includes dry-aged duck breast, leg and even crispy tongue, a miso-glazed Murray cod dish and a tender wagyu striploin. The outstanding food here is accompanied by a sense of theatre in the vivid presentation of each dish and in the darkened surrounds of the restaurant.

Also not to be missed at Raffles is the Long Bar. This is where, in 1915, the famous Singapore Sling was invented, by bartender Ngiam Tong Boon. With its pinkish colour and use of clear spirits, it was designed to emulate a fruit juice and thus enable women, for whom



**Chef Anne-Sophie Pic (left); grilled mussels and Indian cuisine from the kitchens at Raffles (right).**

drinking in public was then frowned upon, to enjoy a socially acceptable punch.

With its combination of gin, Benedictine, cherry liqueur, curacao, and pineapple and lime juices, it has remained popular to this day.

The cacophonous Long Bar is the place to try it, and the one place in Singapore in which you are actively encouraged to litter, by discarding your peanut shells into a sea of others on the bar room floor. ■

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# HOTEL REVIEW: IN WEWAK BOUTIQUE HOTEL

Tel +675 456 2100, see [inwewak.com](http://inwewak.com)

**WHO STAYS?** A mix of government employees, overseas tourists and local travellers.

**HOW BIG?** 96 rooms, from budget with a single bed, to twin share, family deluxe and one-bedroom serviced apartments.

**COST** From PGK363 for the budget single.

**CHECK IN/CHECK OUT** 10am

**HIGHLIGHTS** Most rooms have views of the Bismarck Sea to the north or the white sandy Meni Beach to the south. There are decks with comfortable seating to enjoy the sunsets. Publicly accessible areas of the hotel have excellent displays of local paintings and carvings.

**NEARBY** Stroll along the Meni Beach, just a minute's drive away.

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



## LOCATION

In Wewak Boutique Hotel is in Wewak, the capital of East Sepik Province. It's on Wewak Hill in town, a 10-minute drive from Boram Airport and a two-minute drive from the shopping centre. The hotel has two aspects on the hill, one facing the Bismarck Sea and the other facing Meni Beach.

## THE PLACE

In Wewak Boutique Hotel prides itself on customer service. The well-kept gardens and shady palms hint of a tropical oasis. For outdoor relaxation, guests can chill by the pool or enjoy the ocean views with a cold drink or a good book on one of the decks.

## ROOMS

Modern and comfortable, all rooms are self-contained with cosy beds and coffee machines. The newly built one-bedroom apartments, with kitchens, are ideal for long stays. The single and twin-share rooms provide a homelike stay on a budget. The deluxe or superior deluxe rooms have a lounge room. For business meetings or functions the conference room can host about 40 people.

## FOOD AND DRINK

The Cocoa Cafe serves breakfast and lunch for guests, while dinner is served at the Vanilla Room Restaurant. The restaurant serves international cuisine with locally sourced produce. The local Sepik prawns are a favourite dinner option, along with the crocodile curry served with steamed rice or mashed potatoes.

## WHAT GUESTS LIKE

"Not only is this the best place in Wewak, it's also one of the better hotels in PNG. (I've been to 20/22 provinces). Great staff, terrific food (curries are amazing) and a great view of the sea from the front deck. Rooms are surprisingly big and comfortable. I particularly like the display of traditional handcrafts on the walls throughout the hotel." – TripAdvisor

"The rooms are well kept, clean and new. The staff are friendly and helpful." – TripAdvisor

"The food can be sublime: The freshwater giant Sepik prawns just beat the slow cooked leg of lamb." – TripAdvisor





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TIME TRAVELLER

**PNG's first escalator, 1981**

The Brian Bell retail group is a household name in Papua New Guinea today. It had humble beginnings, starting as a gun shop in 1958 before expanding into pharmaceuticals, electrics and more. The rapid rise and success of the business was temporarily thwarted in May 1980 when a fire destroyed the Brian Bell store in Turumu Street in the capital. The catastrophe had a silver lining though, as it resulted in the construction of a bigger building: the Brian Bell Plaza. Opened in November 1981, the three-storey building contained PNG's first escalator, which, at PGK240,000 was the most expensive single item in the development. The escalator, pictured with Brian Bell standing at front with staff, was a novelty and attracted people who just wanted to see it and ride on it.

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



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## IN FINE FEATHER

From dawn until dusk, PNG's dense forests host the melodies of myriad birds, lacking any real predators to stifle their melodies. *Fiona Harper* provides this field guide to some of the best places to birdwatch in the country.

PNG's famed bird of paradise (main); feathers are widely used in traditional dress (inset).



Papua New Guinea's birds have names as pretty as their colourful plumage. Fairywrens, jewel babblers, berrypeckers and honeyeaters are among the near 900 bird species that flutter across forests, highlands and islands.

Then there are the famed birds of paradise (known locally as kumuls), sought by birdwatchers the world over. Their striking plumes have long been used in traditional dress, ceremonies and rituals. Photographers are known to shun sleep in exchange for the rare opportunity to photograph the intriguing pre-dawn rituals of these PNG icons.

From the flatlands of mangrove forests to over 4500 metres above sea level at Mount Wilhelm, PNG's diverse landscape makes the entire country ideal for birdwatching.

The best time for birdwatching is during the dry season (June to October) when forests and roads are more accessible. Here's where twitchers can scratch the birdwatching itch across PNG.

### HIGHLANDS REGION

Over 200 bird species have been recorded in the Doma Peaks around Ambua Lodge near Tari in the Southern Highlands. The area is home to Huli Wigmen, known for their ornate ceremonial wigs adorned with bird of paradise plumes above faces painted in yellow clay.

Traditional songs and dance take inspiration from the mating rituals of the bird of paradise, with at least 10 species recorded in Tari rainforests.

Look for cassowaries, marbled and Papuan frogmouths, Blyth's hornbills, bowerbirds, honeyeaters, flowerpeckers, fantails, babblers and warblers. But it is the more than 10 species of birds of paradise that most come to see, most notably PNG's national bird, the rahianna bird of paradise.

Equally sought by any self-respecting twitcher is the superb bird of paradise. The male spreads his feathered black cape and aquamarine chest to lure females during elaborate courtship rituals.

**Where to stay:** Ambua Lodge

**Get there from:** Tari

### MOMASE REGION

In the East Sepik area of Momase, where the Karawari River branches off the mighty Sepik ►

River, is a little-visited area of northern PNG.

With no road access, and longboats and dugout canoes the main form of transport, the only way in is by flight to the private airstrip at Karawari Lodge. The Sepik region is culturally diverse and revolves around the river, which is the lifeblood for villagers from more than 250 language groups who maintain traditional lives.

Here, a complex habitat of tropical lowland rainforest is home to extraordinary birdlife. More than 220 species have been recorded, including the elusive twelve-wired bird of paradise with its velvety black plumage, eyes with a bright red iris and golden yellow plumes along its flanks.

Twelve wire-like filaments sprout from its rear, sweeping forward in an elegant display and used to 'caress' females in an elaborate mating ritual.

Other birds to look for include dwarf and northern cassowaries, 13 species of colourful



Ambua Lodge near Tari provides a perfect base for birdwatchers.



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parrots and an eclectic mix of bee-eaters, hornbills, drongos, whistlers, warblers and delicate fairy-wrens.

**Where to stay:** Karawari Lodge

**Get there from:** Mount Hagen

**SOUTHERN REGION**

In the westernmost savannahs of PNG, near the Papuan border, wide, flood plains teem with birdlife and wildlife such as wallabies, deer and reptiles. Tidal river reaches, mangroves, grasslands and woodlands are part of the almost 6000 square kilometre Tonda Wildlife Management Area, an important wetland for over 250 species of resident and migratory waterbirds.

The area is adjacent to Wasur National Park (over the Papua border), a wetland of international importance under the Ramsar Convention. The fertile plains are a vital stopover point for migratory birds moving between northern breeding grounds and southern feeding areas. ➤



From mangroves to forest, PNG provides many birdwatching opportunities for twitchers from all over the world (this picture); bird talk (below).

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Expect to see curlew sandpipers, ruddy turnstones (whose breeding grounds are Arctic Siberia) and yellow wagtails.

Wetlands rimmed by stands of paperbark (melaleuca) trees attract mammoth aggregations of pelicans, sea eagles and pygmy geese, which feed on fish in water-laden swamps and plains.

Bensbach River has a hardy population of barramundi, making it a popular area for catch-and-release sport fishing as well as birdwatching.

**Where to stay:** Bensbach Wilderness Lodge  
**Get there from:** Port Moresby

**THE ISLANDS**

The rugged island of New Britain is the largest in the Bismark Archipelago and has at least six active volcanoes, most notably Tavurvur, which erupted in 1994, smothering Rabaul under metres of ash.

The rainforests and small coral islets that dot the northern coast and Huon Peninsula



lure eagle-eyed birdwatchers. The big-ticket birds they're looking for are endemic species such as the New Britain friarbird or the blue-eyed cockatoo. The striking aqua rim around its eyes beneath an erectile yellow crest gives the cockatoo the look of a dance-weary fugitive from an all-night 70s disco.

The waters of Kimbe Bay, with many coral reefs, are a biodiverse marine wonderland. The nutrient-rich Bismark Sea's narrow coastal fringe drops abruptly to deep water, creating an alluring habitat for marine creatures. These fertile waters in turn attract seabirds and migratory birds while they're migrating to and from northern breeding grounds.

**Where to stay:** Walindi Plantation Resort  
**Get there from:** Kimbe ■

PNG birds come in many shapes and colours (above and left).

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# ENCOUNTERS WITH BIRDS



From an English childhood spent spotting finches, Phil Gregory is now one of PNG's most experienced birding guides, writes *Belinda Jackson*.

**T**he Campbell's fairywren is tiny – weighing just 10 grams – a black mask across its eyes, a powder-blue chest. Yet this little bird wields great power over professional birdwatcher Phil Gregory.

Found only in Papua New Guinea, this bird has for years eluded Gregory, who has led birding tours across the world with his company, Sicklebill Safaris, since 1998.

"It's seen around Kiunga in Western Province, where I've been over 100 times, but I kept missing it. Once, I met a gang of Dutch birders who showed me their photos of the wren in a place I've been going to for years. I was thoroughly ripped off!"

Eventually, Gregory teamed up with local guides including Glen Montford in Kiunga. "I told them, I've *got* to see this bird!" Montford went into hunting mode, as Gregory recalls. "He must have infra-red eyesight, it's a devil of a thing to see, but after two days hunting through thickets, I finally saw the bird. My nemesis is now laid to rest."

Gregory came to birdwatching early – as a child growing up in southern England, while his friends were collecting football cards, he was collecting cards with birds' portraits found in packets of tea. "One day, I saw a goldfinch that was exactly like one of those ➤



**Birdwatcher Phil Gregory (above); the elusive Campbell's fairywren (inset above); a brown sicklebill (main).**





PICTURES: PHIL GREGORY, BOB BREWER, STEPHEN RAINNELS

“

Birding in PNG is very challenging. The birds are very shy, they live in thick, dense forest.

You've really got to work for what you see, but what you see in PNG is fantastic.

”



tea cards," he recalls. And his obsession took wing.

That fascination has taken Gregory and his family around the world, living in Nigeria, Zambia, the Falkland Islands and, for seven years, in PNG, where he was the principal of a school in Tabubil in Western Province. "My job was just a pretext to go birding in PNG which, in the early 90s, was almost unknown."

After more than 20 years birding in PNG, Gregory says the birds of paradise (known locally as kumuls) are undeniably PNG's flagship birds, with 32 of the 46 species found in PNG.

"If you go to the right places, they're very straightforward to see," he assures. Just 45 minutes east of Port Moresby, at Varirata National Park, is one of the country's best lek (male mating display) sites. "You'll hear a huge din from half a mile away, and that's the raggiana bird of paradise in the trees."



A male ribbon-tailed astrapia bird of paradise.

However, the real action is in the Highlands, where veteran pilot Bob Bates runs a network of lodges. Gregory recommends visiting Ambua Lodge near Tari in Hela Province or Rondon Ridge Lodge in Western Highlands Province, where you can see the rare blue bird of paradise, the superb or greater lophorina bird of paradise and the brown sicklebill, whose call, Gregory says, sounds like a machine gun.

"They're a tricky bird to see, but the rare black sicklebill, which has a wonderful call like a whipcrack and a tail well over a metre long, are up there, along with the Princess Stephanie's astrapia bird of paradise, which is endemic to PNG, and has a spectacular, paddle-shaped tail that rustles as it flies."

PNG is also a great place for lorikeets and cockatoos, says Gregory, including dusky lorys, eclectic parrots and the world's smallest parrot, the buff-faced pygmy parrot, which is about the size of a man's thumb. ➤



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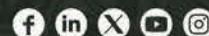
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The plumage from PNG birds is widely used in traditional headdresses.

It's also home to what he says is the world's most beautiful parrot, the Stella's lorikeet. "It has the most wonderful, long yellow tail, and you can see it at some of the lodges above 1500 metres."

Kingfishers are PNG's third key species, particularly the paradise kingfishers and the shovel-billed kookaburra.

There are 250 families of birds around the world, and seven of these are only in PNG. "Some people try to see all bird families, so if you want to do that, you have to come to PNG," says Gregory. "Based at Rondon Ridge Lodge and Kumul Lodge, I have good local guides, and we usually find all seven," he says.

Every year, Gregory leads an 'Endemic Families' tour in PNG and, in July–August, a 'Birds and Culture' tour. "This second tour is less intense, we visit the Mount Hagen Show and experience PNG's culture, as well as its birdlife."

Fascinatingly, the show is still a bird-watching opportunity, as many of the headdresses feature the plumage of some of PNG's most famous birds.

"The headdresses used in these cultural ceremonies are very valuable, and used for many years, so I hope it's a sustainable harvest," says Gregory, who works to educate on and protect PNG's unique birdlife.

"A number of landowners are now earning money to protect birds at sites on their land, and operators and guides take people on photographic safaris there, so it is a way for locals to earn an income. People are learning that you can monetise the habitat, and it's in their interest not to kill birds."

Gregory has worked with such outlets as the BBC, National Geographic and the World Wide Fund for Nature, but it is his work in PNG that keeps him so alert.

"My definition of what is a good look at a bird has definitely changed since I first started birding in PNG back in 1998. Now, it's a fleeting glimpse. Rainforest birding is quite challenging. You've got to be patient and you've got to stay focused – otherwise, you'll miss a one-shot opportunity."

His current challenge is to see the Tagula manucode, which lives only on Tagula Island,

in Milne Bay Province. "I've got a vested interest in seeing this bird," he confesses. While writing his book *The Field Guide to the Birds of New Guinea*, Gregory accessed its unique call, and suggests it is a new species, totally different to the glossy-mantled manucode, which is widespread on the PNG mainland.

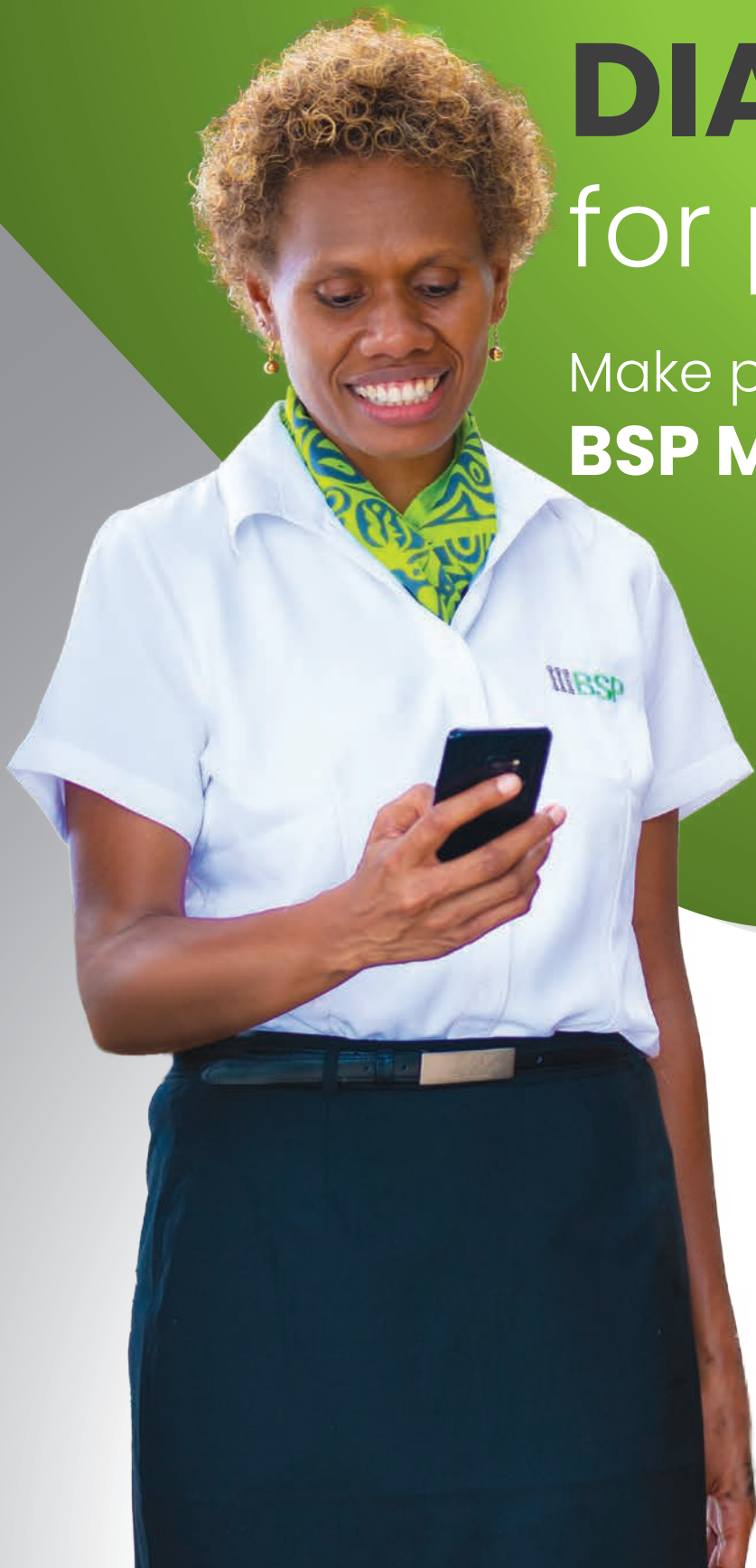
"Birding in PNG is very challenging, it's one of the hardest places I've ever birded," says Gregory, who this year alone has led tours in Ghana, Japan and Cambodia ahead of his two upcoming PNG tours.

"The birds are very shy, they live in thick, dense forest, the light is not good, the weather is not good. It's not easy," he says.

"You've really got to work for what you see, but what you see in PNG is fantastic." ■

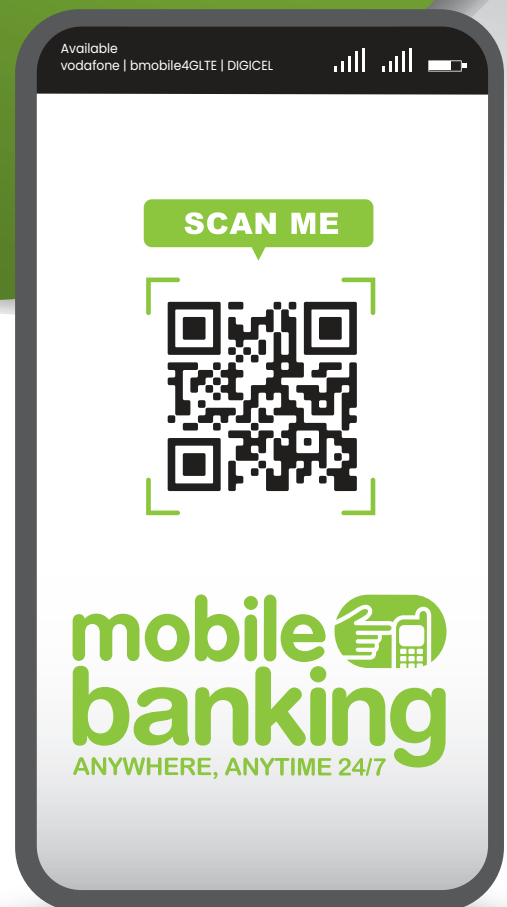
**Sicklebill Safari's PNG tours in 2024 include the Huon Adventure (seven days), the Endemic Families tour (six days), a private PNG photographic tour (15 days) and Birds and Culture (14 days). See [birder.travel](http://birder.travel).**





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Dancers at Ela Beach awaiting the arrival of the *lagatoi* (this picture); passing on Hiri traditions to youngsters (below).

The 50th Hiri Moale Festival was staged in Port Moresby earlier this year in a show of colour, music, dance, art, food and culture.

Big crowds attended festival events over three days in March, including the crowning of the Hiri Queen, cultural displays, canoe races and the arrival of the *lagatoi* at Ela Beach.

The *lagatoi* is a traditional sailing vessel that was used by the Motuans, who made epic sea voyages along the Hiri trade route.

This year's ceremonial *lagatoi* was made at Manumanu village, about two hours from Port Moresby, and its arrival was marked by traditional dancing.

The Hiri Moale Festival is based on the Hiri trade that took place between the Motu-Koitabu people and those of the westward Gulf Province.

Historically, the Hiri Moale was the celebration initiated upon the trading fleet's return. Today, the crowning of the Hiri Queen in the Hiri Hanenamo Quest is an addition that represents the wife of the first expedition's leader who sighted the returning boats on the horizon and announced their arrival. ■

– CARMEL PILOTTI

# HIRI MOALE

## CELEBRATION IN PORT MORESBY



PICTURES: GODFREEMAN KAPTIGAU







The *lagatoi* drops anchor at Ela Beach (left); dancers from the Hiri Queen's clan Elevala (above and middle).



Dancers from the home of the *lagatoi* welcome their crew (right); cultural groups at the Hiri Hanenamo pageant (far right).



# MEET THE HIRI QUEEN

Henao Heni from Elavala village has been crowned as the 2024 Hiri Queen. She was one of 10 contestants from Motu and Koitabu villages in the Hiri Hanenamo Quest. *Carmel Pilotti* spoke to the newly crowned Queen.

**Q: Why did you enter the Hiri Hanenamo Quest?**

A: I am passionate about embracing my culture and I'd like to encourage younger women in my area to participate in future Hiri Moale Festivals. It is an important part of our identity.

**Q: What are Hiri Hanenamo contestants judged on?**

A: They are judged on many things, including traditional attire and tattoos (*revareva*), public speaking, poise, confidence and cultural knowledge.

**Q: What duties will you perform as the Hiri Queen?**

A: As the cultural ambassador for Motu Koitabu, I will be making 'welcome to land' speeches for state visits and appearing at official Hiri Hanenamo engagements.

**Q: What does it mean for your clan and village when their Hanenamo wins the quest?**

A: It brings so much pride and joy to them.

**Q: What do you love most about the Hiri Hanenamo Quest?**

A: There are so many things to love about the quest, such as seeing the Hanenamos dressed in their traditional attire and swaying to the beat of the *hehona* (music). The quest brings young vibrant women together from their respective villages. They meet as strangers and bond as sisters.

**Q: What does the Hiri Moale Festival mean to you?**

A: The festival is a celebration of culture, livelihood and tradition of the Motu and Koita speaking people. Hiri Moale means so much to me because in a world where we are influenced by the western culture, we still come together as the indigenous people of the city of Port Moresby. ■



PICTURES: GODFREEMAN KAPTIGAU



The 2024 Hiri Queen, Henao Heni (above); Hiri Hanenamo contestants (left and bottom right).



“

I am passionate about embracing my culture and I'd like to encourage younger women to participate in future Hiri Moale Festivals.

”





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# OF CHURCH AND VILLAGE

John Brooksbank reports on a church development with modest beginnings.

PICTURES: SHEENA HUGHES



On an isolated patch of savannah in Central Province late last year there was a colourful gathering of people that combined faith, music, traditional dance and culture.

There were priests in white gowns, members of local churches identified from their similarly patterned shirts and dresses, VIPs, choirs, parliamentarians and church elders.

They had gathered for the ribbon-cutting of a new church development that had been in the wind for more than 40 years, since a time in the 1980s when this piece of unremarkable land was chosen as the site for the United Church's Metago Bible College.

The college operated on a shoestring budget, had very few buildings and a handful of staff, enrolling about 15 students annually.

But over 40 years it still managed to train more than 500 graduates, relying on student fees to cover administration and delivery of academic programs.

Success was driven primarily by the faith of the teaching staff and the reality that students, staff and their families also had to fend for themselves, relying on subsistence gardening and remittances from relatives.

The Christian faith has been followed in this part of Central Province for more than ►

**The congregation at the ribbon-cutting ceremony for the new church development.**





140 years. Missionaries from the London Missionary Society (LMS) arrived in the area in 1874, settling on Metoreia Ridge above the villages of Tanobada, Poreporena and Elevala, now merged to form Hanuabada, the 'big village'.

LMS and the Methodist Mission merged in the 1960s, morphing into the United Church of Papua New Guinea, still the predominant church in many coastal villages in Central Province today.

The four coastal villages closest to Metago are Porebada, Boera, Lealea and Papa. These communities have produced many high achievers in the private and public sectors, as well as within the United Church hierarchy. The momentum to significantly improve the college started with them.

One of the presenters at the ribbon-cutting was Sir Moi Avei from Boera village, a former politician and deputy prime minister who has been influential in raising funds for the development.

Sir Moi drew a parallel with Harvard University, the first college founded in the American colonies in 1636, and whose initial purpose was to train clergy.

He said: "Clearly, with faith and efforts of people with faith, Metago can also progress from its humble ecclesiastical origins to become a seat of learning, a university that teaches many subjects."

The Metago development has been made possible with PGK6.6 million raised in donations. Significant contributors include Kumul Petroleum Holdings Limited, the Central Provincial Government, Gas Resources Plant Site Limited and Ok Tedi Mining.

With judicial planning, quality control and local labour, the funds paid for a chapel, six staff houses, six four-unit student accommodation blocks, and a four-classroom block, all fitted with reticulated water and having upgraded road access. This will allow college numbers to rise to 80 students and 12 staff.

A working group is already fundraising for the next phase of college development, estimated at PGK13 million, which will increase facilities for more students and staff. This expansion will enable Metago to offer short courses and e-learning. ■

**Traditional dance and costume at the colourful gathering (above and above right); Sir Moi Avei, who has been a driving force in getting the development completed (right).**

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## ANG'S RESTAURANT, PORT MORESBY REVIEW

“We’re reviewing you for *Paradise* magazine,” I told the manager of Ang’s Restaurant as I paid the bill. He looked surprised and a bit worried: “Oh, did you like your food?”

To be fair, Ang’s is not the kind of place we usually review in *Paradise*. It’s a casual Chinese eatery, hidden away in an industrial block opposite Brian Bell’s Gordons Plaza shopping centre.

But after going there twice recently – at the suggestion of people familiar with the local restaurant scene – I decided it deserved our attention.

The signature dish is the roast duck (pictured), widely considered the best in Port Moresby. But as it was lunchtime I opted for a lighter Hainanese chicken rice. Despite its Chinese origins, this poached chicken dish, served with condiments, is actually the national dish of Singapore.

This version was spot on, a generous portion with a chilli dipping sauce on the side. My fellow diner, an Ang’s regular, swears by the clay



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hotpot (featuring noodles and roast pork). Though noodles are a big focus, including in soups, the wide menu also features rice dishes (such as nasi lemak), curries and seafood. It’s not hard to see why Ang’s is usually packed. The service is quick, it’s terrific value and, yes, as I reassured them at the cash register, “the food was great.” ■

PICTURE: LENNOX MATAINAHO



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# A PNG coffee shop at the top of its game

Duffy Cafe has become a household name in Port Moresby. *Paul Chai* looks at the cafe's incredible success and its exciting plans for the future.

**D**uffy PNG started as a humble Port Moresby cafe but has risen quickly to become the go-to spot for coffee in the capital. Now, after nearly 13 years, Duffy has additional branches, a new bakery and it is doing its bit for the promotion of Papua New Guinean coffee with its own range of premium roasted beans.

“

One of the biggest innovations planned for Duffy is an upgrade of the original premises at Gabaka Street in Gordon, and the launch of a brand-new nocturnal hospitality brand.

”

Duffy PNG's Chris Shine says that the group's success is down to its commitment to quality. Shine comes from coffee-crazy Melbourne, Australia, where he was part of Melbourne hospitality company The Darling Group, but he believes that Duffy is producing some of the best hospitality he has seen.

"I'd come out of some of the best cafes in Melbourne and when I go back, I can't wait to get back here to drink our coffee," Shine says.

Duffy has its original Gabaka Street store as well as outlets in Harbourside and Jacksons International Airport. In 2020 it launched Baker Boy, a fast-food outlet specialising in fried chicken that has been a huge success.



**Duffy's Chris Shine (above) says the group is successful because of its commitment to quality; a Duffy barista (below).**

"We are really active at the moment looking at other (Baker Boy) sites," Shine says. "But we also have a bakery called Kokomo, which is focused on pies and breads. We have a concept called Duffy Express. We have introduced a non-Duffy branded express at the bottom of the BSP building on Waigani Drive and we are looking to extend those offerings."

One of the most exciting new products for Duffy is its online coffee. Duffy has been roasting PNG coffee since 2010 with brands like Kissed by a Highlander and signature espresso blend Fuzzy Wuzzy. But the company recently became the first PNG coffee roaster to dabble in ecommerce.

"We have just gone online," Shine says. "I think we are the first to sell coffee online and export that to Australia. We can now compete with coffee from other countries: Colombia and Jamaican coffees and even Bali."

One of the biggest innovations planned for Duffy is an upgrade of the original premises

at Gabaka Street in Gordon, as well as Harbourside, and the launch of a brand-new nocturnal hospitality brand.

"We'll also look at Harbourside to extend a really exciting concept that we're calling Duffy Black," Shine says. "Duffy Black will be a night-time operation so not necessarily a cafe operation. And we've just brought Julz Henao on board as our culinary director.

Henao is best known as the founder of The Healthy Food Company food delivery service which celebrates fresh local produce.

"One of the big aims as part of our strategic plan for the next five years is to develop and up-skill our people," Shine says. "And Julz is going to play a big

part in that from a culinary perspective to develop our leaders.

"Also, we have, I think, the best roasting team in Port Moresby and our baristas speak for themselves in regard to the quality of the coffee that I hope you guys are enjoying." ■



## WINE GURU

### Q: What is the right way to pair food and wine?

A: Pairing food and wine can be a tricky business, that's why we have professional sommeliers. But there are a few basics that you can employ at home.

There are two basic aims. A 'complementary' pairing puts two different things together like an acidic pinot noir with a creamy cheese for balance. A 'congruent' pairing aims to put two similar things together to enhance flavour, say a feisty curry with the added spice of a glass of shiraz.

Another thing to consider is the weight of the pairings. This is why there is a rough rule of lighter white wines with seafood and richer red wines with meat.

By 'weight', we mean the flavour, not grams, so a fatty, salty beef stew will need an aged and heavy red with a lot of tannin, or a steamed fish fillet can go better with a lighter white like a Chablis.



Don't forget you are not just pairing with the protein; a heavy or light sauce can be the most important thing to match your wine to.

A wine's sweetness is important, which is why dessert wines tend to be rich and sticky-sweet, but you should also think of sweetness in savoury dishes, for example a starter of melon and prosciutto will need a slightly more sugary wine like a Prosecco.

Vegetarian food can provide a challenge as there is no protein to guide you, but generally if the vegetables are treated simply like a stir-fry you can lean white of stewed or in a pie, try a red.

The most important thing is to have a bit of fun with it. Unlike a sommelier we do not have a professional reputation at stake, so break some rules, take some risks and find the perfect pairing for your palate. ■

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This is the latest guideline on the much-debated question around how much exercise we need per week to make a difference to our health.

The benefits of fitting 150 minutes of exercise into every seven-day period include lowering your risks of disease, of putting on weight, and of developing high cholesterol and/or high blood pressure.

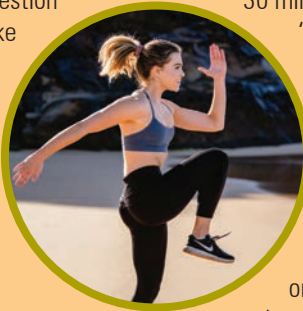
"Get at least 150 minutes of moderate aerobic activity per week," says Dr Edward R. Laskowski, co-director of the Mayo Clinic Sports Medicine Centre in the US. "Or get at least 75 minutes of vigorous aerobic activity a week. You can also get an equal combination of moderate and vigorous activity," he says.

So, what constitutes 'activity' and how best to hit the 150 minutes-per-week target?


First, don't focus on the entire 150 minutes. Spread it out over a week instead. "Break it down into manageable segments," says Dr George Malik, a sports physician associated with Harvard University, such as 30 minutes, five times a week. Or divide your 30 minutes into even smaller segments.

"You don't have to do the entire 30 minutes at once to reap the benefits," explains Dr Malik. Ten minutes of exercise three times a day – or two workouts of 15 minutes each – can also work well.


As for the activity, it can be as simple as going for a walk after lunch, doing 50 squats in the kitchen while waiting for the kettle to boil, or everyday activities like gardening and household chores requiring effort like vacuuming. ■



**Consult a health professional before starting a new exercise program if you have medical conditions.**



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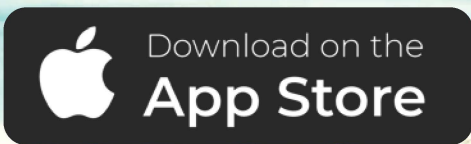
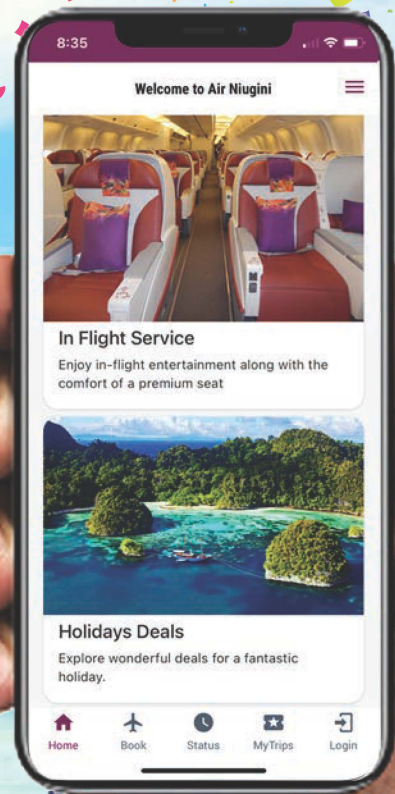
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### Sound sensation

Sennheiser's Accentum Plus debuted in March to become the latest greatest thing in the headphone world. Sound is said to rival that of a stable cabled connection, and the headphones can be used for 50 hours before having to recharge (plus there's a 'quick charge' feature that throws an extra five hours listening time onto the gadget in a mere 10 minutes). It comes with superior accessories and intuitive touch controls, and there's an easy-to-operate Sennheiser Smart Control app designed for Android and iOS. PGK747; [sennheiser-hearing.com](http://sennheiser-hearing.com).



### Waterproof backpack

The makers of this hardy backpack are so confident in its durability they tagged it the "Swiss army knife of bags." The Adventure Waterproof Backpack is one of the latest innovative products to come out of the Red equipment stable, known for super tough paddleboards and other outdoor gear. This 30-litre backpack has comfortable straps, a breathable back panel, reflective details, a removable laptop sleeve, multiple pockets and even an in-built emergency whistle. PGK494; [red.equipment](http://red.equipment).



### Sharks no more

It's a brave call to declare your product the world's No. 1 shark deterrent, and Sharkbanz has taken the bait, so to speak. This company's range of little shark-repelling pieces are suitable for anyone who regularly sets foot (or flipper) in the ocean. Sharkbanz says its pieces emit a patented magnetic pulse that overwhelms a sharks' electroreceptors in a way the ocean predator finds so unpleasant that it swims away. The Sharkbanz 2 wearable shark deterrent band is lightweight (85 grams), can be worn on the wrist or ankle and requires no batteries or charging devices. PGK435; [sharkbanz.com.au](http://sharkbanz.com.au).



### East packing

Packing can be a nightmare, even for the most organised travellers. That's why the people from Monos invented these high-tech packing cubes, which can be compressed by up to 60 per cent to enable you to fit more in your suitcase. They come in such an assortment of shapes and styles that there is every option imaginable to keep you organised, plus they're made from premium nylon twill and reinforced mesh to withstand wear and tear. PGK324; [monos.au](http://monos.au).



### Stylish shirts for the heat

Silk is one of the airiest fabrics you can wear in hot weather – it's lightweight and breathable. So, whether you need to look elegant for a business meeting in Port Moresby or a soiree in Singapore these silk shirts from The Fable are ideal. Shirts made from cotton poplin, another fabulous fabric for the heat, are also available. Silk shirts 494PGK; cotton poplin PGK245; [thefable.com.au](http://thefable.com.au).





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## SCIENCE

***Deep Water: The world in the ocean***

By James Bradley

(Penguin Random House)

Available as an audiobook

Award-winning writer James Bradley delivers a poignant account of the state of the oceans in his latest book, *Deep Water*. He combines personal anecdotes – including about the COVID-19 years – with interviews and research to remind us of the beauty, mystery and wonders that the ocean contains.

*Deep Water* is also a history lesson in oceanography: Bradley explores the formation and evolution of these bodies of water, analyses how colonisation and the industrial revolution affected them and then heads to the present – an age of emergency – to show us what the future could look like if we do not take much-needed steps to lessen ecological damage.

This powerful book serves as a reminder of the profound link between our very existence and the ocean. After all, over three billion people, with many of them in the Pacific Islands, depend on the oceans for their livelihoods.



## TELECOMMUNICATIONS

***Uneven Connections: A partial history of the mobile phone in Papua New Guinea***

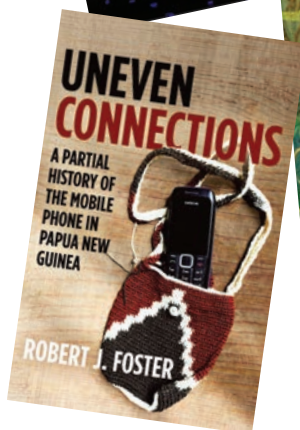
By Robert J. Foster

(ANU Press)

The entry of Digicel Group into Papua New Guinea's telecommunications market was expected to provide increased access, affordability and development prospects, especially in rural regions. But was the expectation fulfilled?

In this account of mobile phone penetration in rural and urban PNG, Foster depicts the local 'digital revolution' and assesses how companies, users and the government have faced the challenges of uneven connectivity in the country.

This ANU Pacific Series book wraps up by documenting the sale of Digicel's Pacific operations to Australian telecommunications giant Telstra in 2022. *Uneven Connections* asks important questions about inclusivity, development and infrastructure.



## FICTION

***Dirt Poor Islanders***

By Winnie Dunn

(Hachette Australia)

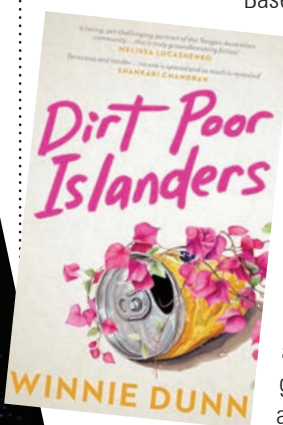
Available as an audiobook

Winnie Dunn's debut novel follows young Meadow Reed's upbringing in a multicultural family, where she believes she is both fully Tongan and fully white. Despite her loving aunts and a well-intentioned community, Meadow struggles to find a sense of belonging.

Based on experience of growing up Tongan in the western suburbs of Sydney, NSW, this book by the award-winning writer and editor explores with vivid prose what it is like to live in-between two cultures.

She describes trying to form an identity based on traditions that are not always understood (and sometimes even ridiculed) while trying to navigate every-day racism.

Dunn, who as an editor has championed diverse voices in literature, gives us an account of what it is like to be first generation and the challenges it poses both at home and in the wider world.



## HISTORICAL FICTION

***To Sing of War***

By Catherine McKinnon

(HarperCollins)

In New Guinea, Lotte Wyld, a young nurse, and Virgin Nelson, a soldier fighting in the infamous jungle campaign, fall in love a year before World War 2 ends.

In the US, physicists Miriam Carver and Fred Johnson join the team of scientists

working on Robert Oppenheimer's project to end the war.

In Japan, a mother, Hiroko Narushima, protects her daughter fiercely.

But what do these characters have in common besides the yearning for peace?

In this historical novel set in three countries, award-winning writer McKinnon ponders on what this moment of history meant for people wanting to change the world and for those who after years of war simply desire human connection. Perfectly woven, this book will show you how love and ingenuity can trump a world immersed in armed conflict. ■





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## FLYING HIGH

A new era of aviation beckons in PNG skies

Air Niugini's next generation of planes will deliver a raft of benefits, including increased passenger comfort. *Roderick Eime* profiles the new A220 aircraft that will be introduced into service from 2025.

As Air Niugini enters its second half-century of operation, a major fleet upgrade is under way.

After nearly 40 years, Air Niugini is set to renew its relationship with Airbus, a major player in the global aerospace industry, known for its innovation, technological expertise and diverse product portfolio.

The airline's first Airbus, an A300, flew in 1984 and now that European jetliner is set to return to PNG skies with the order of six latest-generation, single-aisle A220-100s under its PGK1.11 billion fleet modernisation program, replacing Air Niugini's current fleet of Fokker F70s, F100s and Boeing 737s. A further three A220-300s and another two A220-100s will be leased to bolster the new fleet.

Airbus and project partner Bombardier (Canada) began planning and development of the aircraft in 2008 with the first operational customer for the A220, SWISS, taking delivery in July 2016.

Gary Seddon, Acting Chief Executive Officer of Air Niugini, said at the time of the announcement last November: "This is a milestone in the history of our national airline that will support the growth of trade and tourism in Papua New Guinea. The new aircraft will offer the highest levels of comfort for our passengers, while also ensuring a significant reduction in fuel consumption and emissions when compared to the aircraft they will replace."

The Acting CEO makes reference to the very specific needs of aircraft in PNG. The variable weather, rugged terrain and numerous short, challenging airstrips require aircraft of



PICTURES: SUPPLIED BY AIRBUS

superior capability. Additionally, these state-of-the-art aircraft will deliver more capacity and greater reliability, enabling Air Niugini to serve new destinations across the Asia-Pacific region.

Able to carry between 100 and 150 passengers in a 2+3 configuration on flights of up to 3450 nautical miles (6390 kilometres) or eight hours, Airbus claims its single-aisle A220 is the most modern airliner in its size category. The base model A220-

100 serves the 100- to 135-seat market, while the larger A220-300 is ideal for the 120- to 150-seat segment.

These two aircraft types will be able to serve Air Niugini's entire network with the ability to operate with up to 50 per cent Sustainable Aviation Fuel (SAF) – a biofuel with similar properties to conventional jet fuel but with a smaller carbon footprint.

The A220s will also be supplied with the most advanced navigational and operational





An A220 with Air Niugini livery (opposite); mock-ups of how economy and business cabins can be configured (above); official signing of the purchase agreement between Air Niugini and Airbus (right); the fuel-efficient A220 in flight (far right); the A220 production line at Airbus in the US (bottom right).



avionics, ensuring optimal fuel, time and cost to meet specific needs.

More than 300 A220s are already in service with at least 20 airlines around the world, with Airbus poised to deliver another 500 on confirmed orders.

While Air Niugini's precise cabin configuration is yet to be announced, other operators such as QantasLink have successfully employed a mixed business/economy-class configuration of 137 seats on the A220-300s. Delta, the largest operator of A220-100 aircraft, has a three-class configuration for 109 passengers.

Economy seat pitch is typically 32 inches (81 centimetres) while width is 18.5 inches (47 centimetres).

In business class, leather-covered seats with a 37-inch pitch and five-inch recline have a six-way adjustable headrest, calf rest and footrest along with a wireless charging pad and USB outlets.

Seats in all classes can be equipped with high-resolution entertainment monitors and

“  
The new aircraft will offer the highest levels of comfort for our passengers.

”

personal power ports. One bonus feature PNG passengers are certain to enjoy is the much larger overhead bins for carry-on bags. Gentle and economical LED cabin lighting is also a feature.

Onboard Wi-Fi and in-seat USB-A and USB-C outlets are other common features employed by current operators of the A220.

For those who love detail, the A220 is powered by the latest-generation Pratt and Whitney GTF engines, which the manufacturer claims are the quietest, greenest and cleanest

in their class. Air Niugini is looking forward to 25 per cent lower fuel burn and CO<sup>2</sup> emissions per seat compared to its current fleet, while offering wider seats, larger windows and more storage.

The first Airbus A220s are expected to arrive in 2025, coinciding with PNG's 50th anniversary of independence celebrations. ■

Strictly Business stories kindly provided by



# SWEET SUCCESS

## How the kaukau industry has prospered

PNG's sweet potato (*kaukau*) smallholders are seeing big gains in crop yield of late. *Paul Chai* looks at the Australian government program that turned around their fortunes.

A recent five-year program from the Australian Centre for International Agricultural Research (ACIAR) has helped Papua New Guinea's *kaukau* farmers turn their smallholder farms from subsistence farming to commercial operations.

The secret to the new-found success is the use of virus-free planting materials, also known as *klin kaukau*, that was discovered in the Australian industry over two decades ago.

When using the virus-free planting material, Australian farmers discovered they not only doubled production but produced a healthier, tastier sweet potato. This is something that has now been duplicated in PNG.

ACIAR says that field trials in PNG showed it could increase yields by up to 92 per cent compared with crops grown from traditional planting materials. *Klin kaukau* crops also grow faster, maturing in four to five months, rather than six months.

Lilly Sar, community engagement for the ACIAR project, says the increase in yields has meant a shift from subsistence to commercial business for farmers.

"Traditionally the farmers here have grown sweet potato for food security, but times have changed, and sweet potato is now changing to be more market oriented," she says. "Sweet potato is now being used to increase the income of smallholder farmers."

Sar says the project has also helped farmers increase farm capacity, taught people business plans and financial literacy.

The result has been that there was a 26 per cent increase in the number of sweet potato farmers in the project area.

“

The secret to the new-found success is the use of virus-free planting materials, also known as *klin kaukau*.

”

Groups of women in each province also received training in simple processing and cooking opportunities to generate value-added products.

The Jiwaka Grassroots Association has taken the lead in developing sweet potato flour as a new enterprise for its 100 farming family members.

"It is very positive, they have sold not only to the markets but also to retail outlets in Port Moresby and Lae," Sar says. "They have gained respect from the menfolk that the women could take this value-added product to market; that is the added value of this project." ■



PICTURES: CONOR ASHLEIGH

Sweet potato sellers at a roadside market (above); scientists have developed virus-free planting material for sweet potatoes (right).





## BUILDING CAPACITY IN LOCAL RICE FARMING & SUPPORTING COMMUNITIES IN PNG

Trukai Industries' Certificate in Irrigated Rice Farming is a program conducted under a five-year partnership with the PNG University of Technology's Agriculture Department and the Pacific Adventist University, under Trukai's Smart Farmer Program.

Established in 2022, the training has proudly certified more than 120 local rice farmers with plans to empower more than 1,000 farmers by the end of 2023.

Trukai has one of the most extensive agricultural programs, investing millions of kina in rice research, science, technology and development. Trukai continues to support local rice farmers by enhancing their rice cultivation skills, strengthening families, building communities and reaffirming our commitment to the people of PNG.



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EDUCATE TO SERVE

# CEOs have their say

Papua New Guinea’s business community gathered in Port Moresby and Lae earlier this year to hear the results of the 2024 PNG 100 CEO Survey.

The results were presented to members of the Port Moresby and Lae Chambers of Commerce at breakfast meetings in each city.

The breakfasts featured presentations from Westpac’s Senior Economist Justin Smirk and Business Advantage International’s (BAI) Publishing Director, Andrew Wilkins.

Among the results revealed, 55 per cent of CEOs who took part in the survey expect their 2024 profits to exceed 2023, 65 per cent expect to spend more in capital expenditure this year than last, and 63 per cent are expecting to employ more people this year.

The survey also asked CEOs about the key impediments facing their businesses. This year, the shortage of foreign exchange was the top issue.

Since 2012, the data collected by BAI for the survey has revealed trends in business confidence among PNG’s business leaders. Analysis of the survey data by Westpac has led to the creation of PNG’s first business confidence indices, which are now tracked annually against other key metrics on PNG’s economy.

The 2024 survey was conducted between November 2023 and January 2024.

The survey included senior executives from a representative sample of PNG’s largest companies, across all sectors of the economy. ■

**For the full survey report, see [businessadvantagepng.com/the-png-100-ceo-survey](https://businessadvantagepng.com/the-png-100-ceo-survey).**



PICTURES: GODFREEMAN KAPTIGAU & BAI



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1 Revealing the CEO survey results at the business breakfast at the Standley Hotel.

2 3 5 Port Moresby Chamber of Commerce and Industry members at the business breakfast.

4 Port Moresby Chamber of Commerce and Industry President Rio Fiocco.

6 Business Advantage International Publishing Director Andrew Wilkins.

7 Westpac's Senior Economist Justin Smirk.





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# Air Niugini in PGK1.5 million tourism push

**A**ir Niugini and the PNG Tourism Promotion Authority (PNGTPA) have joined forces to promote tourism in the country.

Under the two-year agreement, Air Niugini will provide support worth PGK1.5 million.

The funding will go towards the production of tourism promotional material to be shown on Air Niugini aircraft and will support travel to and from Papua New Guinea by PNGTPA personnel, travel writers, and tourism influencers.

The agreement was signed earlier this year by Air Niugini's Acting Chief Executive Officer Gary Seddon and PNGTPA's CEO Eric Mossman Uvovo.

"As the national flag carrier, we are excited to support the PNGTPA in its efforts to develop PNG tourism," the Acting CEO



PICTURE: PNGTPA

**Air Niugini and the PNG Tourism Promotion Authority have signed a two-year agreement to jointly promote tourism in the country.**

said. "With this funding support, we will be carrying out joint marketing and advertising activities to promote the natural beauty, unique cultural attractions, historical sites

and other tourism activities through various marketing mediums, as well as shine a light on SME tourism operators.

"Air Niugini has a pre-eminent role to play in the development and promotion of tourism. Tourism represents one of the largest potential employment opportunities – both directly and indirectly."

The PNGTPA boss said at the signing: "Today marks a significant milestone in our efforts to elevate Papua New Guinea as a premier destination. Through this collaboration, we aim to improve the quality and diversity of our tourism products and services, as well as our infrastructure and connectivity, to realise the country's full potential." ■



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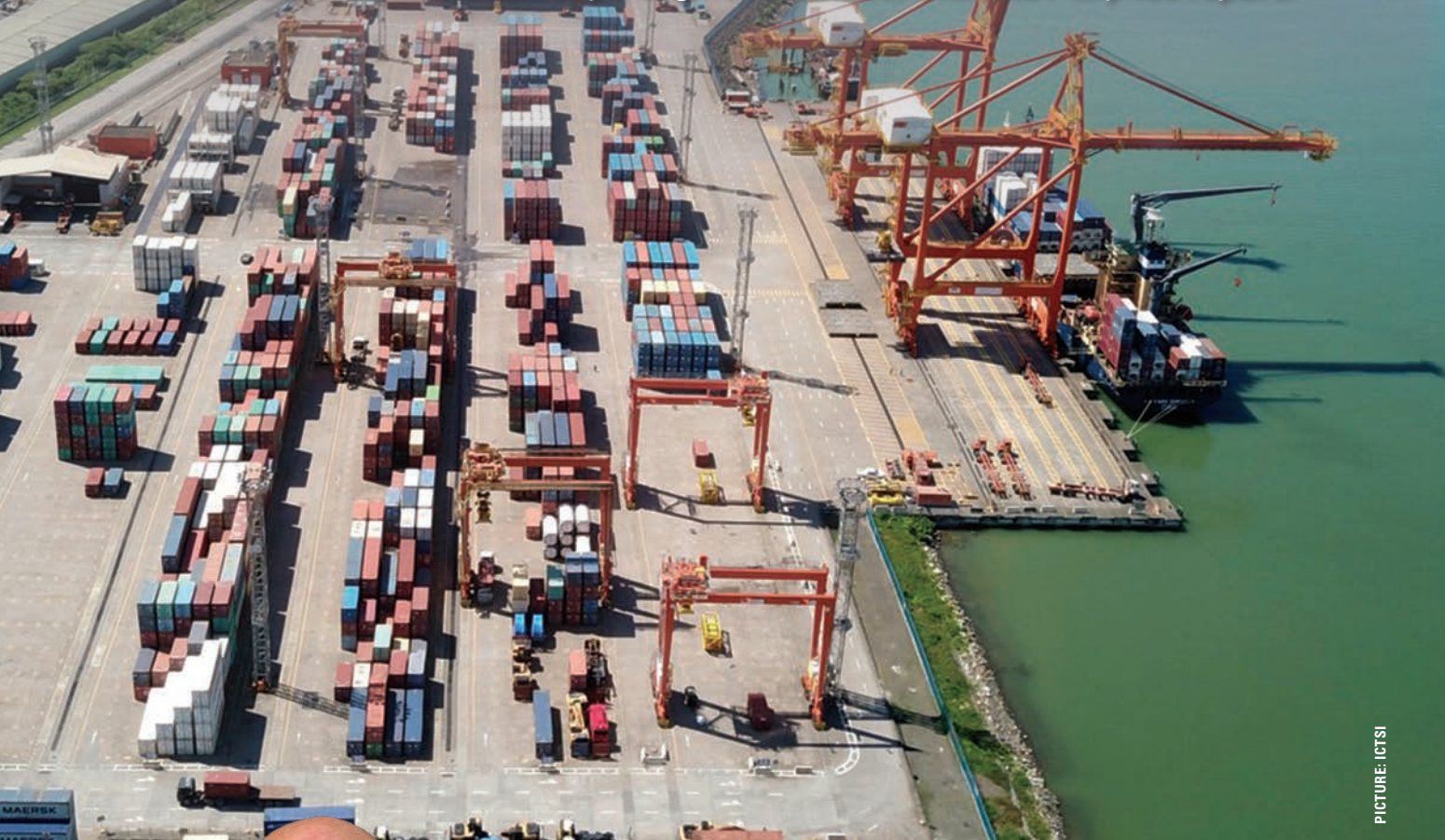
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# LAE SPECIAL REPORT

PNG's second-largest city is an important cog in the country's economy. Lae is a key shipping port, a major manufacturing hub and a major distribution hub for PNG. It has been described as the country's 'engine room'. *Paul Chai and Mary Tao report.*



PICTURE: ICTSI



PICTURE: BAI

## 'A GREAT PLACE TO DO BUSINESS'

### Q&A JOHN BYRNE

PRESIDENT OF THE LAE CHAMBER OF COMMERCE

**Q: How important is Lae as a business hub in PNG?**

A: Lae is the engine room of the country, it's the heart of the country. Port Moresby is the capital, or the head office, but Lae is the central hub. We are the shipping port that sees 60 per cent of all international goods come through Lae, we are the only access to the Highlands and all the way up the country. We have domestic transport all around the country and an international airport.

We are critical in terms of innovation, being the manufacturing hub and the distribution hub of the country. ►

Lae's port (above) carries about 60 per cent of international goods coming into PNG; John Byrne (left).





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**Q: What are the key areas of activity and who are the major players?**

A: In terms of manufacturing, we have Nestlé, Coca-Cola, the Lae Biscuit Company, Goodman Fielder, Trukai, Mainland Table Birds and Zenag Chicken. They are the majors in terms of produce. Prima Smallgoods is a great provider of goods and smallgoods around Lae, and there are other players like Dulux, and NCI Packaging, which makes fuel drums and tins.

Ramu Sugar has been here a long time. In terms of transport companies, we have three of the majors: Express Freight Management is doing a lot of domestic work around town and we have Mapai Transport and iPi Group.

There are also a lot of smaller players that are vital to the whole network, including in manufacturing, distribution and transportation.

**Q: How is economic activity tracking?**

A: At the moment, it's a challenge. We have challenges with power and foreign exchange, and we have challenges with connectivity

and transport costs. Transport costs are very high because of the state of the roads and the fatigue on the trucks, but it's better now than it has been in a long time.

The other challenge is fuel: the supply is a bit difficult and that has hurt the economy.

With the reduction in the exchange rate, we have taken a bit of a belting. This has made it harder for businesses to make a profit and to keep operating, but businesses here are resilient. There are still massive opportunities for investors.

We have some big players investing big money locally. Goodman Fielder is building a new flour mill, Coca-Cola is investing a lot of money in a new PET bottling plant and Nestlé is about to make some new investments. Snax Biscuits is about to do a whole new production line for their biscuits.

So, there's a lot of confidence but it's a matter of turning it into results.

**Q: Have there been any new companies setting up in recent times?**

A: Most new players are smaller Chinese companies. These new companies are bringing a whole new level of competition but there are no really big names coming in at the moment.

**Q: What about the future?**

A: I'm an optimist. I have been around long enough to see the cycles of business going around, I've seen inflation, deflation and stagflation. We will batten down the hatches and come out the other side stronger. What is needed is leadership that can make some hard decisions and face reality.

The important thing we need to do is to be telling the world that Papua New Guinea is not a dangerous place. There is not a country in the world that doesn't have danger spots, and there is such opportunity here. Don't believe every headline you read. We need to advocate to the world that we are better than the headlines. ■



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# MAJOR UPGRADE FOR HOTEL

Lae International Hotel is amid a multi-year, PGK30 million refurbishment that will see it consolidate its position as the premier hotel in Lae.

Visitors to the Lae International Hotel, a resort-style stay that is a favourite with corporate travellers, will notice a brand-new porte cochère, the covered entrance to the hotel and lobby. This is the first indications of a PGK30 million renovation that the hotel is undertaking.

“We recognised the need for upgrading all the facilities because we have a lot of international travellers,” says Alok Kedar, the hotel’s General Manager.

“Not only people from overseas, but Papua New Guineans who are well-travelled have a growing awareness of hotel star ratings and align their expectations accordingly, no matter where they are staying in the world.”

That means 134 rooms will get a complete overhaul, including new furniture, bathroom amenities and safes, as well as smart TVs with free Netflix, Amazon, more than 80 cable TV channels in some rooms and in-demand movies. Instead of ‘more than 100 cable TV channels and in-demand movies.’

One wing of the hotel has already been completed and the aim is for the next phases aim to be completed in two years’ time.

One of the main drivers for the renovation is the popularity of the hotel with corporate visitors.

“We see a lot of conference activity from the government sector because they tend to hold very large conferences and we have the size and capacity,” Kedar says. “The superannuation funds do the same. Typically, if there’s anything large happening in town, it ends up here.”

Lae International Hotel has already upgraded its conference facilities to make sure that the business keeps coming in. The conference room has seen state-of-the-art audiovisual technology installed,



PICTURES: BAI



**The lobby at the Lae International Hotel (above); General Manager of the Lae International Hotel Alok Kedar (left).**

Corporates also love the hotel’s 64 long-stay units, which always sit between 90 and 100 per cent capacity. The apartments have even seen waiting lists due to the property’s comfort and security.

“We’ve got 24-hour security, we’ve got key cards getting in and out,” says Kedar. “You can monitor movement and who’s been in there (the property). We provide housekeeping services as part of the deal. Guests receive housekeeping three times a week; the staff go in and clean the rooms, do the laundry as well. So, it’s very convenient for a lot of people.”

On the food and beverage side of things, Aero Bar has also had a complete refit with new furniture, and there are plans to reopen the hotel’s Vanda restaurant, which closed during the COVID-19 pandemic.

The renovation shows a confidence in Lae, despite the delay in the commencement of the long-awaited Wafi-Golpu copper-gold project. Kedar says that the property is not only futureproofing for itself but also reflecting the needs of the city.

“It’s not just an expectation from the property, but it’s an expectation from Lae itself because there is nothing to match our hotel in terms of competitors,” he says. ■

“  
134 rooms will be getting a complete overhaul, including new furniture, bathroom amenities and safes, as well as smart TVs.”

”

with brand-new screens, cameras, wireless microphones, and Bluetooth speakers. “It is quite possibly the best conference set up in the country,” he adds.



# COCA-COLA ENGAGES WITH COMMUNITY AND EXPANDS IN LAE

Creating strong links with community and supporting the next PNG pop stars has been a recipe for success for Coca-Cola, which has also recently expanded in Lae with a new bottling plant.



Coca-Cola is a favourite among Papua New Guineans.

Coca-Cola Europacific Partners (CCEP), headquartered in Lae, has the largest share in what is a highly competitive soft drinks market in Papua New Guinea. In addition to Coke-branded drinks, the company manufactures global beverages with brand names such as Sprite, Fanta, Solo, Schweppes, Minute Maid Refresh and Nature's Own Water.

But it is Coke that dominates the PNG soft drinks market, and this one brand even manages to conquer traditional hurdles to success such as difficult distribution in a country with poor infrastructure.

"We have one of the most extensive sales networks across the nation and close relationships with big logistics partners that help us get to remote locations," says CCEP's

Sales and Commercial Director Tim Solly. "But the real secret is our product is in such high demand that a lot of people voluntarily take our product in, so it's people going from these remote areas into more urban areas purchasing the product and then taking it back themselves."

This market domination is no accident, with Solly suggesting CCEP has made a huge effort with grassroots sponsorships.

"What has helped us is how connected we are with society and culture and this year we had a really big push to formalise it a lot more," Solly says. "All the cultural shows across the country we go as either the biggest or one of the biggest sponsors, and we make sure we are keeping our product connected to society."

With music playing such a huge part in the lives of many Papua New Guineans, Coca-Cola has tapped into this with its Coke Studio.

"We try and identify up-and-coming singers," says Solly. "It's not a talent contest like the The Voice – they already have to be professional singers. We take these individuals, and we work with them to become better artists and we use our Coke branding machine to help amplify them and really get them to become famous."

Coke Studio artists such as Danielle Morgan and Mereani Masani have gone on to musical success in PNG via a mix of television appearances, live events and social media.

"They even get put on to radio and we use their images for some of our products, so it is making that connection of our product, music and PNG," Solly says.

But even a brand with the ubiquity of Coke has felt the pressures of the current global cost-of-living crisis. The biggest constraint to the CCEP business in PNG is meeting demand for its drinks in 300ml bottles.

Solly says a lot of customers have been migrating to 300ml bottles because of PNG's rising cost of living.

To help cater for that demand, Coca-Cola has built a PGK80 million PET bottling plant in Lae.

"Once we get to capacity (in the new plant), we'll be able to service the full demand across PNG," Solly says. ■

“  
To help cater for demand, Coca-Cola has built a PGK80 million PET bottling plant in Lae.  
”





# THE BIGGEST SHOW IN TOWN

One of the biggest events in Lae is coming up on October 19 and 20. The Morobe Show at the Lae Showgrounds attracts more than 60,000 visitors each year and includes traditional performances and attire, entertainment, fresh produce and product displays.

Among some of the most popular events are the Champion Cowboy competition, a motocross stunt show and the Morobe Show Queen pageant.

Organised by the Morobe Provincial Agricultural Society, the show brings together farmers, commercial businesses and representatives from the education and health sectors.

Prizes are awarded to the best stalls, produce and livestock.



Traditional attire at the Morobe Show.

"The Agricultural Society is community-based, and we plan the show every year around a theme that is community focused," says Harry Egimbari, the show's public relations councillor.

Last year's (theme) was 'Be Productive' but at the time of going to press show organisers had not announced this year's theme.

"We aim to encourage small businesses and large companies that make up Lae and Morobe to promote their products and produce. It is a weekend of colour, community and commerce," Egimbari says. ■

**See [morobeshow.org.pg](http://morobeshow.org.pg).**

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# EXPORT COFFEE IN HALF THE TIME

### COFFEE EXPORT CLEARANCE

Method	No. of Biz Days
Typical	12
Swift	6

LICENCE NO. FF-04-0003/23

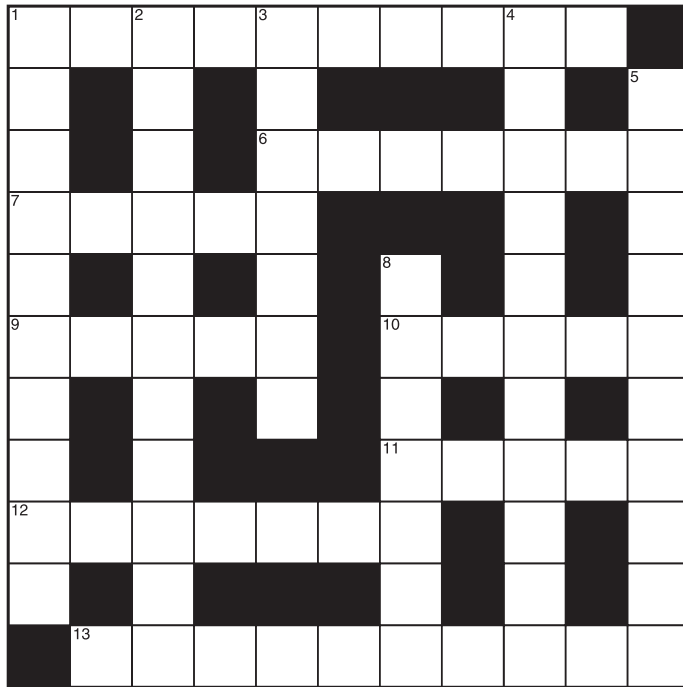


# BRAIN GYM

QUIZ, PUZZLES, CROSSWORD

## 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

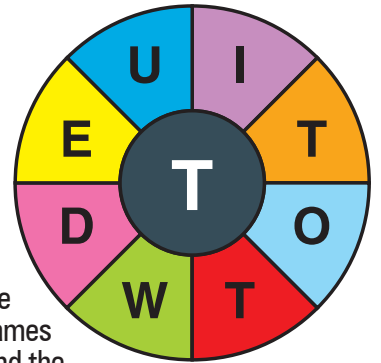
#### ACROSS

1. Commonplace person on foot (10)
6. Trees to become prize for best Brahman or Hereford (7)
7. Muslim eastern centre calls Arabs to read, initially (5)
9. Aussie general takes part in prolonged assault (5)
10. Not widespread back in Venezuela colonies (5)
11. Insects seen behind airborne tiger (5)
12. Function in Opera Tearooms (7)
13. Support outspoken deputies (10)

#### DOWN

1. Consent for each assignment (10)
2. Laundering establishment where good spirits are essential (3-8)
3. Stayed right in but left the straight and narrow (7)
4. Change action over quarrel (11)
5. Interfering with medals, some say (10)
8. Merciful to put Libyan leader in cement? (7)

## Wheel Words



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

8 Good

11 Very Good

14+ Excellent

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### STRAIGHT CLUES

#### ACROSS

1. Walker (10)
6. Award ribbon (7)
7. Hajj destination (5)
9. Attack on fort (5)
10. In the neighbourhood (5)
11. Cupboard pests (5)
12. Perform surgery (7)
13. Help (10)

#### DOWN

1. Go-ahead (10)
2. Fabric cleaning firm (3-8)
3. Deviated (7)
4. Noisy squabble (11)
5. Prying (10)
8. Mild (of weather) (7)



# The Paradise Quiz

## HOW WELL DO YOU KNOW THE REGION?

1. Who are the Pukpuks?
2. Can you name PNG's two major newspapers?
3. Which PNG city are you in if you are driving along Milford Haven Road? Take a pat on the back if you can name what is next to the road.
4. Which iconic symbol of PNG is found on the tail of every Air Niugini plane?
5. Is PNG's population closest to five million, 11 million or 18 million people?
6. Which person has more money: Person A with 40 kina in their pocket or Person B with \$10 Australian dollars in their pocket?
7. What is the currency of the Pacific nation of Nauru?
8. Which Pacific islands are you most likely to be on if you're eating Ika Mata?
9. What happened at Bells Beach in Victoria, Australia, during Easter?
10. PNG athletes will be heading to which city in July for the next Olympic Games?

11. What is the name of the sea between PNG and Australia?
12. Prime Minister Narendra Modi is the leader of which country?
13. What is the key ingredient in a Singapore Sling?
14. What are you drinking if you have a can with 'XXXX' on it?
15. Can you name these three military figures who saw battle in the Pacific during World War 2? One became a US president, one was a famous admiral, and one was a famous general.



# Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

For solutions to the quiz and puzzles, see Page 100.

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# Solutions

## Wheel Words

Solution: Diet, Dote, Duet, Edit, Tide, Tied, Toed, Tote, Tout, Twit, Ditto, Outed, Toted, Towed, Tutti, Outwit, Touted, Tutted, Twitted.  
 9-letter word: OUTWITTED

## Crossword

P	E	D	E	S	T	R	I	A	N	
E		R		T				L		M
R		Y		R	O	S	E	T	T	E
M	E	C	C	A				E		D
I		L		Y		C		R		D
S	I	E	G	E		L	O	C	A	L
S		A		D		E		A		E
I		N				M	O	T	H	S
O	P	E	R	A	T	E		I		O
N		R				N		O		M
	A	S	S	I	S	T	A	N	C	E

## Sudoku

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

## The Paradise Quiz

1. PNG's national rugby union team.
2. *The National* and *The Post-Courier*.
3. Lae; Lae Botanic Gardens.
4. Bird of paradise.
5. 11,781,559 according to the National Statistical Office.
6. Person A has more money. (At the time of going to print, 40 kina was worth about \$16.)
7. Australian dollar.
8. Ika Mata is a popular dish in the Cook Islands of raw fish marinated in lemon and coconut cream.
9. The Rip Curl Pro surfing competition.
10. Paris.
11. Arafura Sea.
12. India.
13. Gin.
14. Beer.
- 15 (a) John F Kennedy, whose patrol boat was sunk in the Solomon Islands (b) US General Douglas MacArthur, who was the Supreme Commander against the Japanese in the Pacific (c) Admiral Isoroku Yamamoto, who led Japanese forces in the Pacific until his plane was shot down over PNG.

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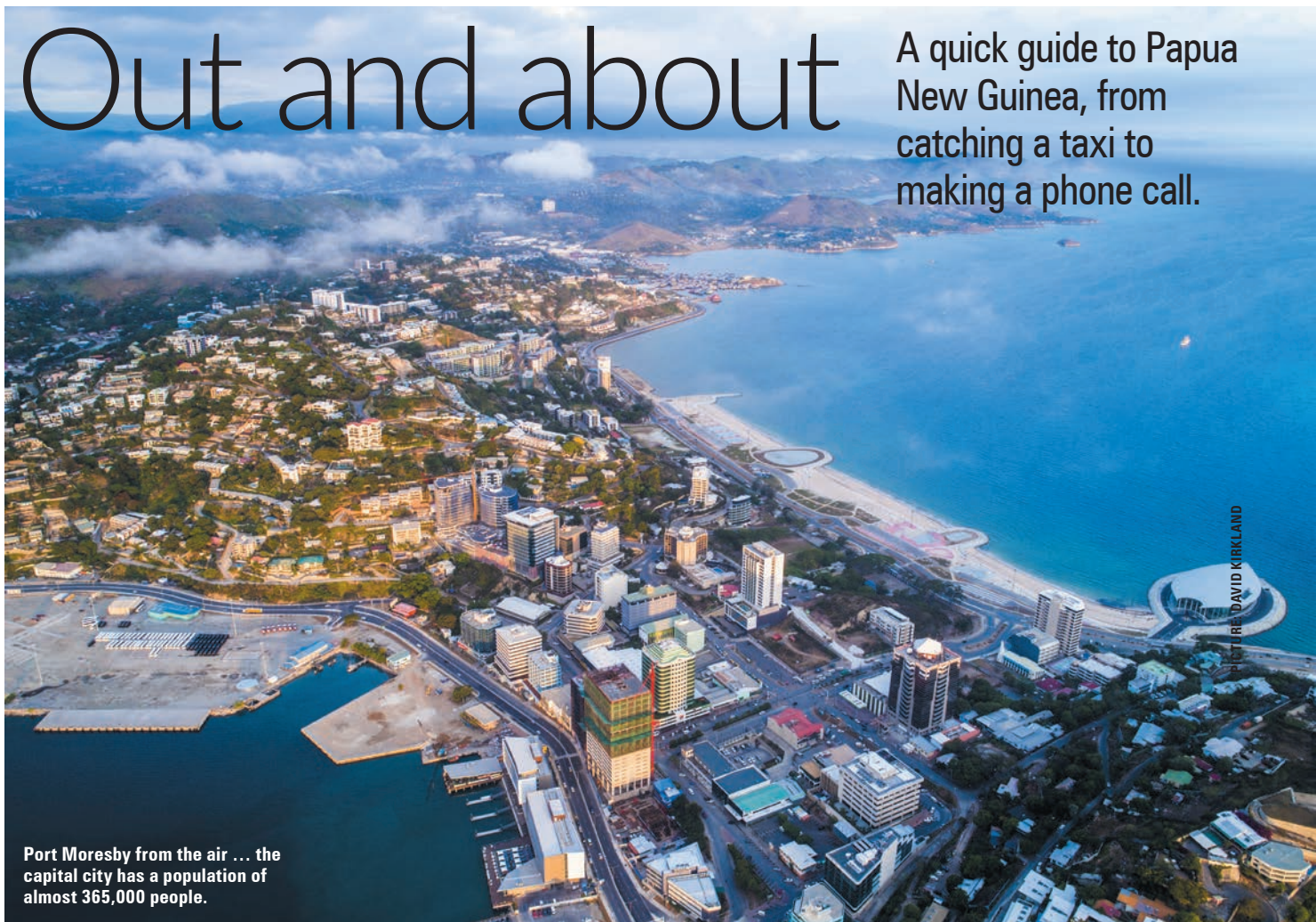
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# ARRIVALS LOUNGE

PAPUA NEW GUINEA VISITOR GUIDE

## Out and about

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



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

PICTURE: DAVID KIRKLAND

### CLIMATE

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

### COMMUNICATIONS

**Internet:** Web access in Port Moresby has improved immensely in recent years. Complimentary Wi-Fi is available at hotels and at Jacksons International Airport.

**Phone:** International phone roaming is possible in PNG, but it can be costly. A cheaper option is to buy a local SIM card and pre-

paid credit (including data packs for smartphones). Major mobile networks are Digicel, Telikom PNG and Vodafone. Mobile data is available in cities and towns but may not be available in rural areas.

### ELECTRICITY

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

### GETTING AROUND

**Airport transfers:** For arrival/ departure in Port Moresby, hotels provide a complimentary transfer.

**Car hire:** Major companies include Hertz Car Rental (+675

325 4999/+675 7235 2442) with a self-drive rate of PGK270–485 a day. With a driver it is PGK612–868. Avis Car Rental (324 9400) day rate is PGK315–435 with a PGK4600 bond. With a driver it's an additional PGK15 per hour. With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

**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.

**Taxis:** Recommended firms are City Loop (+675 7715 9338) and Comfort (+675 7615 5663); Expedient Limited (+675 7232 9990) provides shuttle services. ODESH (+675 7981 8832/+675 7408 6270) is Port Moresby's first taxi and chauffeur on-demand booking service. See [odesh.net](http://odesh.net) or download the app.

**Security firms:** They can provide airport transfers if you are not staying at a hotel or if ►





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you require transport at night for evening social events. Available 24 hours, quotes are given when you inquire. Recommended firms in Port Moresby are G4S (+675 7999 1700) and Black Swan International (+675 7500 0200). In Lae, recommended security firms are Guard Dog Security (+675 7202 1069) and G4S (+675 472 3999).

## HEALTH

Serious medical conditions can be treated in Port Moresby at the Pacific International Hospital, Paradise Private Hospital and Port Moresby General Hospital, which have emergency services. Some conditions may require treatment outside the country. Travellers should ensure they have adequate health cover. The cost of medical evacuation can be high. Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis.

## MEDICAL EMERGENCY

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

## MONEY

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

## SHOPPING

### Brian Bell Home Centre:

Located at Gordons, Brian Bell sells the biggest range of white and brown goods in the country. The newest Brian Bell addition is at Gordon Plaza. There is a smaller outlet in Vision City. See [facebook.com/brianbellgroup](https://facebook.com/brianbellgroup).



**Tapa cloth is one of the locally made items on sale at Port Moresby's thriving markets.**

**Foodworld:** Has two outlets – Waterfront and Gordons. Considered the best grocery shops by many. There is a Popi's cafe at both locations.

**Rangeview Plaza:** Port Moresby's newest mall is opposite Vision City. The plaza has a big grocery shop, clothing stores and a salon. The spacious dining area upstairs has multiple food vendors and a playground.

**Stop & Shop:** It has outlets all over the city, but recommended locations are at Waigani Central (also home to Jack's of PNG, Prouds and Hardware Haus) and Harbour City.

**Unity Mall & Supermarket:** This complex at the Steamships compound in Waigani has small businesses selling PNG-designed outfits, crafts and accessories. You can also find a pharmacy and several hair stations. The eateries offer local cuisine, snacks and coffee. A supermarket is set to open soon. See [unitygroup.com.pg](http://unitygroup.com.pg).

**Vision City:** Centrally located in Waigani, the mall has everything from groceries to clothing stores, pharmacies, salons and even a

carwash service. The only cinema (Paradise Cinema) in the country is on level 2. You can also find a night club (The Cosmopolitan). Take your pick from the many restaurants and food vendors at the Food Junction.

## MARKETS

**Boroko Market:** Next to Santos Stadium, this popular market has a great range of local produce. There is limited parking but there is a general understanding to park along the side street with caution. Open 7.30am–5pm.

**Ela Beach Craft Market:** At the IEA TAFE campus opposite the beach. Held on the last Saturday of each month. Support artisans from nearby Motuan villages and small businesses that sell paintings, *bilums*, as well as woven baskets, mats and *tapa* (tree bark) cloth sourced from rural parts of the country. Organised by the Ela Murray International School. Tel. +675 302 3800. Open 7.30am–midday.

**Gordons Market:** Next to the Gordons police station, it's the biggest market in Port Moresby with two levels. Well-organised, you can find everything from

various greens, root crops and seasonal fruit. There is ample parking and security. Open 7am–6.30pm.

### Holiday Inn Craft Market:

Held the third Saturday of each month in Cassowary Park. Paintings, wooden carvings and pandanus mats are just a few of the items on sale. Proceeds from the vendor fees (PGK20) and the craft market's sausage sizzle go to charity. Open 8am–1pm. See [facebook.com/holidayinnandsuitesportmoresby](https://facebook.com/holidayinnandsuitesportmoresby).

**Koki Fish Market:** Built over the sea, this fish market is the biggest one-stop shop for seafood. Fish like tuna and red emperor caught by local villagers can be cleaned and cut for you. Open 6am–6pm.

**Moresby Arts Theatre Craft Market:** Located at Waigani (next to Parliament House) find local art, carvings, pottery and jewellery. Enjoy the barbecue, live music and movies for kids. Some craft days have cultural dances and performance art shows. Held first Saturday of each month. Entry PGK2. Open 8am–1pm. See [moresbyartstheatre.org](http://moresbyartstheatre.org).

**PAU Sunday Market:** Pacific Adventist University, 30 minutes outside the city, has a market every Sunday, starting at 5am. There's produce from the school's farm, including cucumber, watermelon and corn, as well as cooked food from the Pacific.

**POM City Markets:** If you're after traditional crafts as well as a whole range of novelty products from small business owners, they regularly set up at the Vision City amphitheatre, National Museum & Art Gallery and Food Republic PNG carpark. They also host the Harbourside Night Markets at ➤





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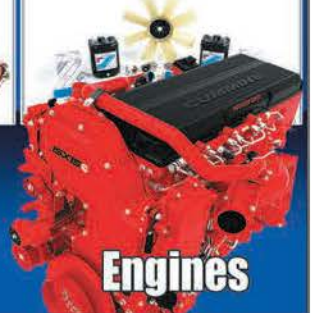
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the Harbourside Precinct, which includes live music and food. See [facebook.com/pomcitymarkets](https://www.facebook.com/pomcitymarkets) for upcoming dates. Tel. +675 7007 3046.

*Some of these locations (as well as all food markets in general) are known for crime so it isn't recommended that you go alone, or without your own security.*

## EATING & DRINKING

### PORT MORESBY

**Airways Hotel:** Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside to Deli KC. The Vue Restaurant has a buffet each morning, lunch and evening. The Filipino-themed buffet is a winner. There is also an a la carte menu and stunning views. The tandoori dishes come highly recommended. See [airways.com.pg](https://www.airways.com.pg). Tel. +675 324 5200 and +675 7373 2600.

**Akura:** An elegant dining and lounge bar at Harbourside that is a popular spot for after-work drinks. Try the aburi salmon rice bowl and the beef ragu pappardelle. Tel. +675 7320 7777. See [instagram.com/akurapng](https://www.instagram.com/akurapng).

**Alibi Bar & Grill:** At the Harbourside precinct, open for lunch and dinner daily. Fridays and Saturdays bring in a big night crowd and the bar stays open until late. Try their platters: the Surf & Turf, Meat Lovers and the Fisherman's Basket with a view of the harbour. They have started serving boba drinks. See [facebook.com/alibipng](https://www.facebook.com/alibipng). Tel. +675 7320 7777.

**Asia Aromas:** Offering Chinese and Thai food by the water at

Harbourside, this eatery has consistently good reviews on social media. Outdoor seating is available. A good spot for sunset drinks. Tel. +675 321 4780.

### Aviat Port Moresby Club:

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

### Crowne Plaza Residences:

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

**Daikoku:** The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. You can find them at Stop & Shop Harbour City (first floor) and the Harbourside Precinct. See [daikokupng.com](https://www.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. You can order your breakfast ahead of time for those busy work mornings. See [duffypng.com](https://www.duffypng.com).

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



Japanese treats are on offer at Daikoku at Harbourside.

dinners and parties. The menu is huge, too, with pages of Asian dishes. The crispy lemon chicken is a favourite. See [facebook.com/100064086213057](https://www.facebook.com/100064086213057).

**Edge by the Sea:** The Edge cafe has alfresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito bowls, pork burgers and grilled snapper are among the breakfast and lunch menu favourites. Try their new decadent Basque cheesecake. There's a mist water system in the alfresco area that can reduce the ambient air temperature by up to 10 degrees, perfect for those blistering-hot days. Tel. +675 7995 5263.

**Ela Beach Hotel:** Drop in to Salt Restaurant (at Beachside) for casual all-day dining, including curry, burgers and wok dishes, or pizza at Enzo's. See [coralseahotels.com.pg](https://www.coralseahotels.com.pg). Tel. +675 7998 6510.

**Fusion Bistro:** A fusion of flavours from China, Thailand and Vietnam. Located in ENB Haus,

Harbour City. Takeaway available. Tel. +675 7196 6666.

**Gateway Hotel:** The hotel's dining options include the Wild Orchard for breakfast and dinner buffet daily, Jackson's Gaming-Restaurant-Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town, Sizzler's Family Restaurant for value dining (PGK60 buffet), while Enzo's Express does quick lunches, coffee and pizza. Their newest spot, Deli Cafe, serves excellent milkshakes and the hotel's own range of bread and pastries. See [coralseahotels.com.pg](https://www.coralseahotels.com.pg).

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

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

**Holiday Inn & Suites:** The Kopi Haus Restaurant has breakfast from 6am, lunch and dinner. ➤





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### TRAVEL UPDATE

#### COVID-19 VACCINATION CARD

It is a requirement to attach your Covid-19 vaccination certificate and a Supplementary Health Form each time you apply for a visa.

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Foreign nationals who will be engaged in formal employment in the private sector needs a work permit approval before applying for a visa. Your employer is responsible for sponsoring your permits.

#### PRIORITY PROCESSING

A standard priority processing fee of US\$2,000 applies to all visa categories for fast track processing within 24 - 48 hours.

#### VISA AND WORK PERMIT FORMS

You can download the forms on PNG Immigration website.

#### MIGRATION FEE

You can pay your migration fee for visa, passport and all other migration charges online by creating a MICA Account on the official website [www.ica.gov.pg](http://www.ica.gov.pg)



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It has a la carte as well as a buffet, with the cuisine including PNG flavours. Expect themed buffets (such as barbecue and flavours of Asia) from Wednesday to Friday. The poolside Gekko Bar opens at midday and includes a big screen for sports telecasts and tasty bites to go with a range of wines, cocktails and local and international beers. See [ihg.com](http://ihg.com). Tel. +675 303 2000.

**Holiday Inn Express:** The Great Room has a buffet breakfast from 6am with a Grab & Go option if you're in a rush. An a la carte dinner menu is available from 5.30pm daily. Tel. +675 7373 2500 (front desk).

**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).

**Jeanz Cafe:** A family-friendly cafe with ample seating that proudly serves PNG Arabica coffee. Located in Gordons Plaza, it has a great range of salads, pastries and sandwiches. See [gordonsplaza.com](http://gordonsplaza.com).

**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/koreangardenpng](https://facebook.com/koreangardenpng).

**Lamana Hotel:** Choose from options including Spices Restaurant (Indian), the Italian Restaurant, Cafe Palazzo and PNG's biggest nightclub, The Gold Club. The 360 Bar has great night views, and exclusive birthday fireworks can be organised. See [lamanahotel.com.pg](http://lamanahotel.com.pg). Tel +675 7373 0600.



The pool area at Loloata Island Resort.

**Loloata Island Resort:** The private island has two restaurants. Bootless Bay is spacious with high ceilings and an open-plan style that provides a panoramic view of the sea. They serve a highly recommended breakfast and lunch buffet. The vibe at night makes it the perfect spot for a dinner date. (Expect a beachfront set-up for Valentine's Day.) The Beach Club upstairs is a great spot for special events like corporate dinners and birthdays. See [loloataislandresort.com](http://loloataislandresort.com). Tel. +675 7108 8000.

**Magi Seafood Restaurant:** A local secret on Spring Garden Road (same side as SP Brewery) with excellent Asian food. Try the plum sauce chicken wings, whole fish with oyster sauce or the butter prawns. See [facebook.com/magiseafoodrestaurant](https://facebook.com/magiseafoodrestaurant). Tel. +675 7198 0505.

**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. Try the new Mexican dishes during a regular

Taco Tuesday. See [mojofood.co](http://mojofood.co). Tel. +675 7995 5264.

**Pentagon Entertainment:** On the former Laguna Hotel premises. Guests can enjoy indoor and outdoor seating. There is also a family-friendly pool area. Try some of the signature dishes like biryani stuffed roasted chicken, crispy pork sisig, and salmon in an orange glaze. Tel. +675 325 1068.

**PGO!:** PNG's first online delivery service. Their vendors are Burrito Central (Port Moresby's first Mexican takeaway), Port Terrace, The Dirty Kitchen, Abus na Kumu (translates to 'meat and greens'), Fusion, Kopibin, Mr Mike's Pizza, The Cellar, Juice Bar and Marcus Kitchenette and Catering. See [hipax.com](http://hipax.com).

**Port Terrace:** Fast becoming a popular lunch and dinner spot, the restaurant and bar is in the Crowne Plaza Residences. Try the Melanesian poke bowl along with the cocktail of the month. See [portrestaurant.com.pg](http://portrestaurant.com.pg). Tel. +675 308 3100.

**Red Rock Bar:** Located at Dogura, 6 Mile (along Magi Highway). Be prepared for an uphill drive to the bar but it's worthwhile for the spectacular sunset. Try the Red Rock burger or sizzling lamb and pork with a table in the outdoor area. Tel. +675 8214 7357.

**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. There is a themed cocktail night each Thursday. See [rpyc.com.pg](http://rpyc.com.pg).

**Seoul House:** This restaurant specialises in Korean, Thai and Chinese cuisine, cooked on a hotplate in front of you. The dishes include a seafood platter of coral trout, mussels and shrimp, and Singapore-style chilli crab. Seoul House is tucked away in a garden oasis compound in Five Mile. The owners also have a cafe at the Jacksons International Airport, Hotspot. Try the black forest cake and croissant sandwich while waiting for your flight. Tel. +675 7823 3075.

**Shady Rest Hotel:** The Indian dishes at the hotel's Cellar Restaurant draw high praise from reviewers on TripAdvisor. The restaurant also prides itself in its steaks. Mr Mike's Pizza Company is a takeaway located at the hotel and has classic pizzas, such as Hawaiian and margarita, as well as gourmet pizzas such as the Mediterranean, which is packed with feta, olives, mushrooms and more. Bakeology Cafe & Bakery offers alfresco dining surrounded by lush greenery. Enjoy a range of sandwiches, salads, pastries, desserts and freshly baked bread. See [shadyrest.com.pg](http://shadyrest.com.pg). Tel +675 323 0000. ➤



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**Stanley Hotel and Suites:**

This Waigani hotel has several restaurant choices. On the 19th floor, the Silver Leaf offers intimate fine dining with stunning night views. The Executive Lounge (for guests staying on the 14th to 18th floors) offers breakfast, all-day snacks and cocktail canapes. A walk up the stairs from the lounge takes you to the Mezz Bar, which offers premium spirits. There is also a smoking deck. The chic tapas-style Monsoon Lounge is on the ground floor. Green Haus restaurant has all-day dining, including buffet dinners with live cooking stations. Choose your own combo at the new juice station available at breakfast and lunch. The serene Rainforest Cafe, close to the check-in

area, has coffee, desserts and pastries. See [thestanleypng.com](http://thestanleypng.com).

**Tandoor on the Harbour:** Come here for a curry with great bay views. The butter chicken with garlic nan is classic. See [facebook.com/tandoorontheharbour](http://facebook.com/tandoorontheharbour).

**Tasty Bites:** This cosy traditional Indian restaurant is tucked away in the town centre in Hunter Street near Crowne Plaza (ANG Haus). A great spot for quick and affordable meals. Try the vegetable noodles with chicken strips or the pizza menu. Deliveries available. Tel. +675 321 2222.

**Tribes Coffee Club:** This cafe has two locations: Oasis building in the Steamships compound, Waigani, and Lawes Road, Ela Beach. All-day dining available.

The seafood platter with crab, shrimps and the catch of the day is a dinner favourite. Tel. +675 321 0455.

**Tuna Bay Resort:** Located in Taurama, just five minutes from Manu. Enjoy battered fish and chips, char-grilled rump steak and boneless chicken that comes with a side of garden salad and chips. There is indoor and outdoor dining, with bay views. Tel. +675 7920 8777.

**LAE**

**Bulolo Golf and Country Club:** Lae's newest restaurant has an a la carte menu with indoor dining and an outdoor deck overlooking the course. The Bulolo T-bone steak is said to be among the best in the country and is sourced locally. Try 'Papa Tony's Pizza', a

stone-baked pizza created by the club's chefs. Tel. +675 7358 7161.

**Bunga Raya:** This local favourite, serving Malaysian-style Chinese, is located next to the Lae Golf Club. Be sure to try the stuffed lettuce cups, laksa and claypot tofu. The dessert menu has been updated and includes a tempting caramel bar. 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. Try the T-bone steak with mushroom sauce if you're after something hearty. Tel. +675 479 0100.

**Huon Club:** This private members' club offers air-conditioned ▶

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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. Open on Wednesday and Friday, members can enjoy regular lucky key draws and a barbecue menu. Inquiries to Lae Golf Club. See [laegolfclub.com.pg](http://laegolfclub.com.pg). Tel. +675 472 1363.

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

**Lae Garden Restaurant:** The Asian menu includes staples such as crispy chicken, butter prawns and the Malaysian dish nasi lemak. The elegant restaurant, inside Hotel Morobe on Coronation Drive, offers breathtaking views of the city from its balcony. A great venue for big dinner parties. Tel. +675 479 0100.

**Lae Golf Club:** The club is excellent for a few sundowners as you overlook the stunning green with access to the excellent bar. Apart from golf, you can enjoy the basketball and tennis courts. See [laegolfclub.com.pg](http://laegolfclub.com.pg). Tel. +675 472 1363.

**Lae International Hotel:** Home to three restaurants – Lulai's Italian Pizza, Vanda and Kokomo – which serve an array of international cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See [laeinterhotel.com](http://laeinterhotel.com). Tel. +675 472 2000.

**Lae Yacht Club:** The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food. Choose

from four pork dishes on Pelgen Pork Sundays. See [laeyachtclub.com.pg](http://laeyachtclub.com.pg). Tel. +675 472 4091.

**Mountain View Restaurant:** Located at the Crossroads Hotel at Nine Mile. Try the newly curated menu, which is a mix of Western and Pacific cuisine. Ramu steaks are a favourite. Great spot for cocktails and wine. Tel. +675 475 1124.

## HOTELS

### PORT MORESBY

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

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

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

**Crown Hotel:** Upmarket rooms and suites in the heart of the CBD.

Decent gym, business centre, undercover parking, thriving cafe and Mediterranean restaurant. See [ihg.com](http://ihg.com). Tel. +675 309 3329.

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

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

**Grand Papua:** This premium hotel is now part of the Raddison group and features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular for business meetings. Centrally located. See [coralseahotels.com.pg/grand-papua-hotel](http://coralseahotels.com.pg/grand-papua-hotel). Tel. +675 304 0000.

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

**Holiday Inn & Suites:** Located in Waigani, the large grounds include

a walking track in a tropical garden setting, outdoor restaurant and bar area, business centre and gym. Includes three-star Holiday Inn Express hotel. See [ihg.com](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 [hotelsbeaches.com/laguna-hotel](http://hotelsbeaches.com/laguna-hotel). Tel. +675 323 9333.

**Lamana Hotel:** In Waigani, the hotel has 24-hour free airport transfers, free in-room Wi-Fi, a conference centre, restaurants, and the famous Gold Club. See [lamanahotel.com.pg](http://lamanahotel.com.pg). Tel. +675 323 2333.

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

**Sanctuary Hotel Resort & Spa:** The hotel is an oasis in the city, located 10 minutes from the airport in North Waigani. There is a lot of greenery in the hotel grounds and a large aviary, which includes the bird of paradise. The hotel, close to government offices, has a business centre, a day spa, swimming pool and a restaurant with a traditional PNG menu with a contemporary edge. It also has rooms and facilities with ➤





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

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



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

Mall. See thestanleypng.com. Tel. + 675 302 8888.

**LAE**

**Crossroads Hotel:** A 45-room facility at Nine Mile. The hotel has a Japanese-themed teppanyaki

restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, Wi-Fi and complimentary transfers to both Lae City and the airport. Tel. +675 475 1124.

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

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

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

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

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**MINI GUIDE TO TOK PISIN WORDS/PHRASES**

Papua New Guinea has more than 800 languages, but the three official languages are Tok Pisin, English and Motu. Here, we outline some Tok Pisin, which is the largest *lingua franca* of PNG.

- *Where do I find a taxi?*  
**Bai mi painim taxi long we?**
- *One coffee with milk, please.*  
**Wanpela kap kopi wantaim milk plis.**
- *Where is the toilet?*  
**Toilet istap we?**

- *How much is this?*  
**Hamas long dispela?**
- *Thank you very much.*  
**Tenkiu tru.**
- *You understand English?*  
**Yu save long tok Inglis?**
- *Where is my bag?*  
**Bag bilong mi istap we?**
- *Where can I change my money?*  
**Wanem hap bai mi ken senisim moni bilong mi?**

- *One beer, please.*  
**Wanpela bia plis.**
- *Why? Bilong wanem?*
- *How many children do you have? Yu gat hamaspla pikinini?*
- *Where are you from?*  
**Yu bilong wanem hap?**
- *I don't know. Mi no save.*
- *What do you want?*  
**Yu laikim wanem samting?**

- *Restaurant*  
**Ples bilong kaikai**
- *Goodbye* **Gutbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

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- |          |          |          |          |          |          |          |          |          |           |
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## BOEING 737 ADDED TO THE FLEET

**A**ir Niugini announced the arrival of its third Boeing 737 aircraft (pictured) in Port Moresby in May.

Acting Chief Executive Officer Gary Seddon said the Air Niugini fleet of Boeing 737 aircraft will support domestic and international operations while progress is made toward the introduction of the new Airbus A220 aircraft from late 2025.

The new plane has a total of 162 seats: 12 business and 150 economy class. The 737s are replacing Fokker aircraft operations (where possible) as Air Niugini introduces greater capacity on domestic trunk routes.

“The Fokker jet aircraft have done a tremendous job over the decades; safely and reliably meeting our air transport needs,” the Acting CEO said. “The new Airbus A220s will replace the retiring Fokkers and become the backbone to Air Niugini’s fleet. In the



meantime, our Boeing 737s provide excellent reliability, comfort and safety.

“We look forward to the near future when the challenges of jet fuel and airport

infrastructure are behind us. We can focus on expanding our network, providing more value for money, and greater reliability in the schedule.” ■

## Air Niugini steps up focus on employee safety

**A**ir Niugini’s has conducted its first-ever Safety Day, an initiative to raise awareness about employee safety across the airline.

Held at head office in Port Moresby, the event focused on general aviation safety, as well as security awareness, for employees.

The event was livestreamed for employees stationed outside Port Moresby and included information booths set up by various departments within the airline.



Air Niugini’s Acting Chief Executive Officer, Gary Seddon, officially launched Safety Day (pictured) and highlighted safety as an uncompromised priority for Air Niugini.

“The Safety Day is a fantastic initiative established by Air Niugini employees, for Air Niugini employees,” he said. “As we all know, aviation safety and security are paramount in everything we do, our dedicated Air Niugini men and women are our priority, our valued passengers are our priority, our aircraft are our priority. Safety is everything and what we do is important.”

Apart from participation by the airline’s employees, the event included demonstrations by the PNG Fire Service and St John’s Ambulance PNG.

Air Niugini’s in-house health clinic conducted complimentary health checks, an integral part of the airline’s commitment to promoting health and safety. ■



## CEO visits domestic ports

**A**ir Niugini’s Acting Chief Executive Officer, Gary Seddon, and members of the airline’s management team visited Boram Airport, Wewak, recently. They were there to meet with leaders from the East Sepik Chamber of Commerce and Air Niugini staff at the airport and Wewak sales office. The visit was part of a program of visits to major airports around the country by the acting CEO. So far, he has been to Lae, Mt Hagen, Madang and Wewak. ■





## Airline leaders complete training program

**A**ir Niugini has completed its first Emerging Leaders' Program, with 61 employees (pictured) going through the course. This sets the graduates on a new path of progress and career growth.

The 10-month program focused on optimising the employees' leadership potential in their current and future roles. It involved classroom training as well as one-on-one coaching.

The program is the initiative of Air Niugini's Acting Chief Executive Officer, Gary Seddon.

He says the program is in line with the board's vision of empowering and equipping staff with the right skills and training.

"Succession planning is critical for Air Niugini. We must ensure that the leaders of tomorrow are identified and provided with

the tools and opportunities to reach their full potential," he says.

Deputy Board Chairman, Anthony Seeto, assured staff of the board's support and acknowledged them for their commitment as they juggled work, studies and family in completing the leadership program.

"The program has equipped you with strategies, practical tools and skills needed to become better leaders. You now have that power to make a difference," he told the graduates.

Board Directors Lady Aivu Tauvasa and Dame Monica Salter also witnessed the graduation. More than half of the graduating cohort are female employees.

There was positive feedback from the graduates.

Marisa Kuypers, the airline's IT Projects and Strategy Manager, said: "In our coaching sessions, we found a safe place to share our challenges at work, highlighting issues and seeking advice on what we can do better. Going forward, I hope to utilise the skills I have learnt in this program to help my colleagues in the IT department improve how we can provide services."

Nanao Iogae, a Fokker Fleet Maintenance Controller, was awarded the 'CEO's Prize for Leadership, demonstrating all of the attributes expected of an Air Niugini leader.

The program, as well as ongoing customer service training, is being delivered in collaboration with RDL Management Consultants. ■

## Long-term staffers honoured

**O**ne of Air Niugini's longest-serving staff retired in March after four decades of service to the airline.

Pauline Tabua was honoured by colleagues and management, and was presented with gifts and appreciation messages.

Air Niugini Acting Chief Executive Officer, Gary Seddon, commended her for her commitment and dedication, and for being a role model to many staff.

Air Niugini also presented certificates of appreciation to three airline staff based



**Air Niugini staff with Acting CEO, Gary Seddon, are (from left) Maree Keygan, Theresa See, Pauline Tabua and Marie Ozaltin.**

at the international ports for reaching career milestones.

Recipients were the Manager of Manila Retail Sales, Theresa See (36 years of service); NSW-AU Business Development Manager, Marie Ozaltin, based at Sydney Airport (25 years of service); and the Australian Airports Regional Manager Maree Keygan, based at Cairns Airport (30 years of service). ■



# 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.

### 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



## B737-800 PXC – Boeing

Length: 39.5M  
 Wing Span: 35.79M  
 Range: 5000-5500KM  
 Cruising Speed: 810-850KPH  
 Power Plant: 2 x CFM56-7B27E  
 Normal Altitude: 11300m  
 Standard Seating Capacity: 144  
 Business Class: 16  
 Economy Class: 128  
 Number of Aircraft in Fleet: 1



## B737-800 PXA – Boeing

Length: 39.5M  
 Wing Span: 35.79M  
 Range: 5000-5500KM  
 Cruising Speed: 810-850KPH  
 Power Plant: 2 x CFM56-7B27E  
 Normal Altitude: 11300m  
 Standard Seating Capacity: 154  
 Business Class: 16  
 Economy Class: 138  
 Number of Aircraft in Fleet: 1



## F70 – Fokker

Length: 30.91m  
 Wing Span: 28.08m  
 Range: 3410km  
 Cruising Speed: 743kph  
 Power Plant: 2 x Rolls Royce Tay 650-15 turbo engines  
 Normal Altitude: 11000m  
 Standard Seating Capacity: 73  
 Business Class: 8  
 Economy Class: 65  
 Number of Aircraft in Fleet: 4



## F100 – Fokker

Length: 35.53m  
 Wing Span: 22.08m  
 Range: 3000km  
 Cruising Speed: 780kph  
 Power Plant: 2 x Rolls Royce Tay 650-15 turbo engines  
 Normal Altitude: 11000m  
 Standard Seating Capacity: 101  
 Business Class: 8  
 Economy Class: 93  
 Number of Aircraft in Fleet: 5



## DHC8-400 – Bombardier

Length: 32.8M  
 Wing Span: 28.4M  
 Range: 3000KM  
 Cruising Speed: 670KPH  
 Power plant: 02 x Pratt & Whitney PW150A  
 Normal Altitude: 7600ft  
 Standard Seating Capacity: 76  
 Number of Aircraft in Fleet: 3



## DHC8-202 – Bombardier

Length: 22.25m  
 Wing Span: 25.89m  
 Range: 1800km  
 Cruising Speed: 550kph  
 Power plant: 02 x Pratt & Whitney PW123D  
 Normal Altitude: 7600m  
 Standard Seating Capacity: 36  
 Number of Aircraft in Fleet: 2



## DHC8-Q315 – Bombardier

Length: 25.7m  
 Wing Span: 27.4m  
 Range: 1700km  
 Cruising Speed: 510kph  
 Power Plant: 02 x Pratt & Whitney PW123E  
 Normal Altitude: 6100m  
 Standard Seating Capacity: 50  
 Number of Aircraft in Fleet: 5



## Falcon 900EX – Dassault

Length: 20.21M  
 Wing Span: 19.33M  
 Range: 4500KM  
 Cruising Speed: 650KPH  
 Power Plant: 3 x Honeywell TFE731  
 Maximum Altitude: 7600m  
 Standard Seating Capacity: 12  
 Number of Aircraft in Fleet: 1

# Your health inflight

At Air Niugini we care about your comfort and safety. We have included the following information about your health in-flight that we hope you will find helpful and useful.

When you are flying you can be seated and be inactive for long periods of time. The environment can be low in humidity and pressurised up to an altitude of 2240 metres above sea level. Unlike other forms of transportation, air travel allows for rapid movement across many time zones, causing a disruption to the body's "biological clock". Although these unique factors do not pose a health or safety threat to most passengers, there are guidelines you can follow that will improve your comfort level, during and after a flight. We hope the following recommendations will help you have a more pleasant flight today and in the future.

## Blood Circulation / Muscle Relaxation

When you're sitting upright in a stationary position for a long period of time, several things can happen.

The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.

The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.

A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.

Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility.

Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:

- Former or current malignant disease
- Blood disorders leading to increased clotting tendency
- Personal or family history of DVT

- Immobilisation for a day or more
- Increasing age above 40 years
- Pregnancy
- Recent major surgery or injury, especially to lower limbs or abdomen
- Oestrogen hormone therapy, including oral contraceptives
- Dehydration
- Heart failure
- Trauma
- Varicose veins
- Obesity
- Tobacco smoking

### *Recommendations*

- If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- Follow our in-flight exercises programme.

## Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

### *Recommendations*

- Get a good night's rest before your flight.
- Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- Leave your watch on home time if you're staying at a destination less than 48 hours. Also try to eat and sleep according to your home time.



- Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time.
- On longer stays, try to prepare in advance, adjust your meal and rest times to be closer to those of your destination.
- Try some light exercise - go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed.
- Fly direct to minimise flight time. This allows you to relax more upon arrival.

## Cabin Humidity / Dehydration

Humidity levels of less than 25 percent are common in the cabin. This is due to the extremely low humidity levels of outside air supplied to the cabin. The low humidity can cause drying of the nose, throat, eyes and it can irritate contact lens wearers.

### *Recommendations*

- Drink water or juices frequently during the flight
- Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.
- Remove contact lenses and wear glasses if your eyes are irritated.
- Use a skin moisturiser to refresh the skin.

## Eating and Drinking

Proper eating and drinking will enhance your comfort both during and after your flight.

### *Recommendations*

- Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.

## Cabin Pressurisation

It is necessary to pressurise the outside air drawn into the cabin to a sufficient density for your comfort and health.

Cabins are pressurised to a maximum cabin altitude of 2440 metres. It is the same air pressure as if you were at an elevation of 2440 metres above sea level. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for most passengers. However, if you suffer from upper respiratory or sinus infections, obstructive pulmonary diseases, anaemias or certain cardiovascular conditions, you could experience discomfort. Children and infants might experience some discomfort because of pressure change during climb and descent.

If you are suffering from nasal congestion or allergies, use nasal sprays, decongestants and antihistamines 30 minutes prior to descent to help open up your ear and sinus passages. If you have a cold or flu or hay fever your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes-the tiny channels between your middle ear chamber. This can cause discomfort during changes in cabin pressure, particularly during descent.

### *Recommendations*

- If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your ear chamber and your throat.
- When flying with an infant, feed or give your baby a dummy during descent. Sucking and swallowing will help infants equalize the pressure in their ears.

## Motion Sickness

This ailment is caused by a conflict between the body's sense of vision and its sense of equilibrium. Air turbulence increases its likelihood because it can cause movement of the fluid in the vestibular apparatus of the inner ear. If you have good visual cues (keeping your eyes fixed on non-moving object), motion sickness is less likely to occur.

### *Recommendations*

- When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.



Port Moresby  
National Capital



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Arawa

Solomon Sea

Owen Stanley Range

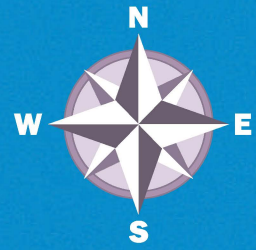
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**Domestic route map**



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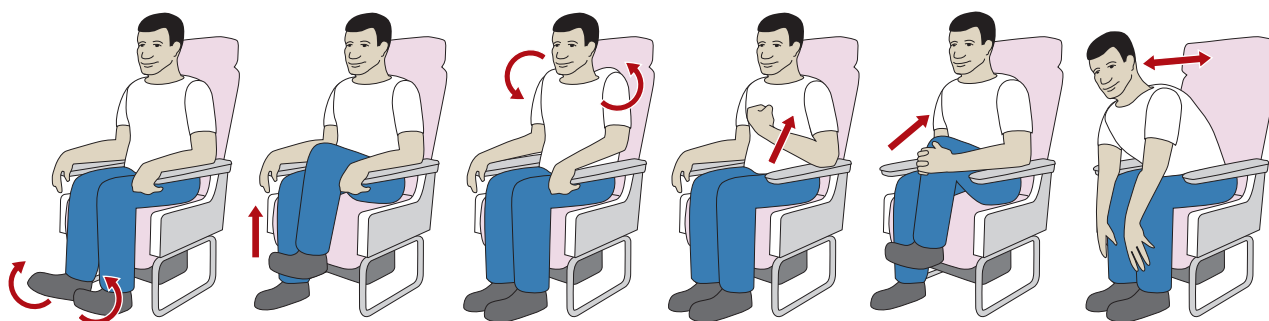
**INTERNATIONAL ROUTE MAP**

# Your wellbeing



These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these exercises for three or

four minutes every hour and occasionally get out of your seat and walk down the aisles if conditions allow. Each exercise should be done with minimal disturbance to other passengers. None of the following should be performed if they cause pain or cannot be done with ease.



## ANKLE CIRCLES

Lift feet off the floor. Draw a circle with toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.

## KNEE LIFTS

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.

## SHOULDER ROLL

Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.

## ARM CURL

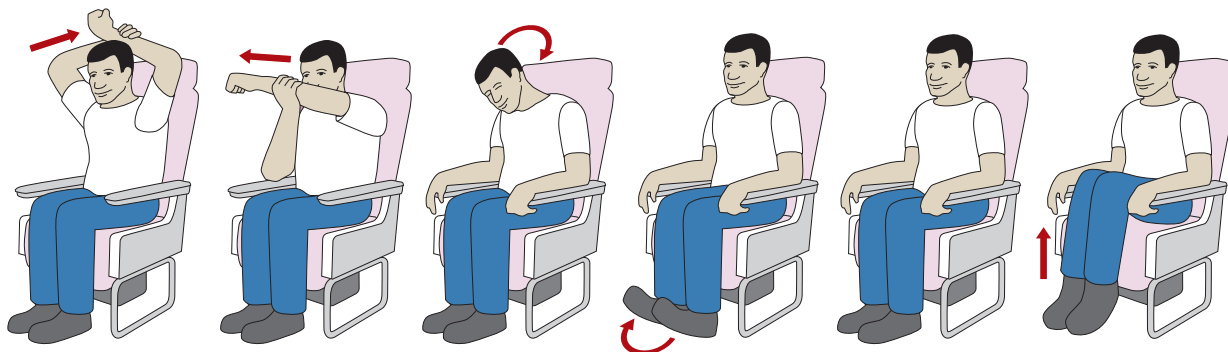
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

## KNEE TO CHEST

Bend forward slightly. Clasp hands around left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.

## FORWARD FLEX

With both feet on the floor and stomach held in slowly, bend forward to walk your hands down the front of your legs towards your ankles. Hold stretch for 15 seconds and slowly sit back up.



## OVERHEAD STRETCH

Raise both arms straight up and over your head. With one hand grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat other side.

## SHOULDER STRETCH

Reach right hand over left shoulder. Place left hand behind right elbow and gently press elbow towards shoulder. Hold stretch for 15 seconds. Repeat other side.

## NECK ROLL

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about 5 seconds. Repeat 5 times.

## FOOT PUMPS

Foot motion is in three stages.  
1. Start with both heels on the floor and point feet upwards as high as you can.

2. Put both feet flat on the floor.

3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.



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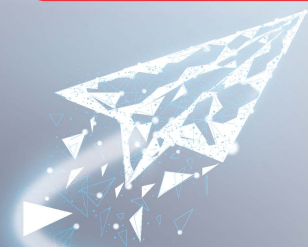
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