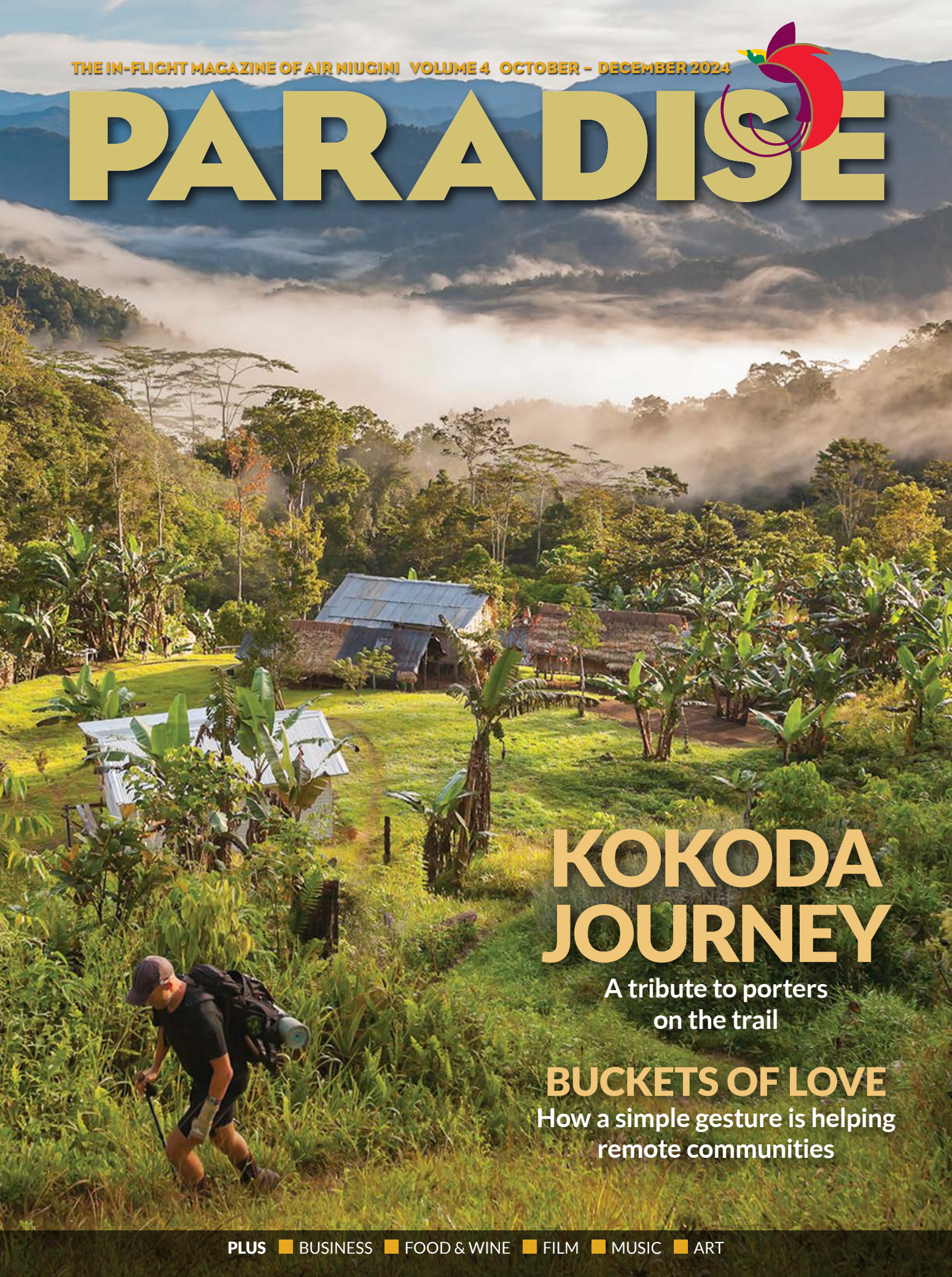


THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 4 OCTOBER - DECEMBER 2024



PARADISE



KOKODA JOURNEY

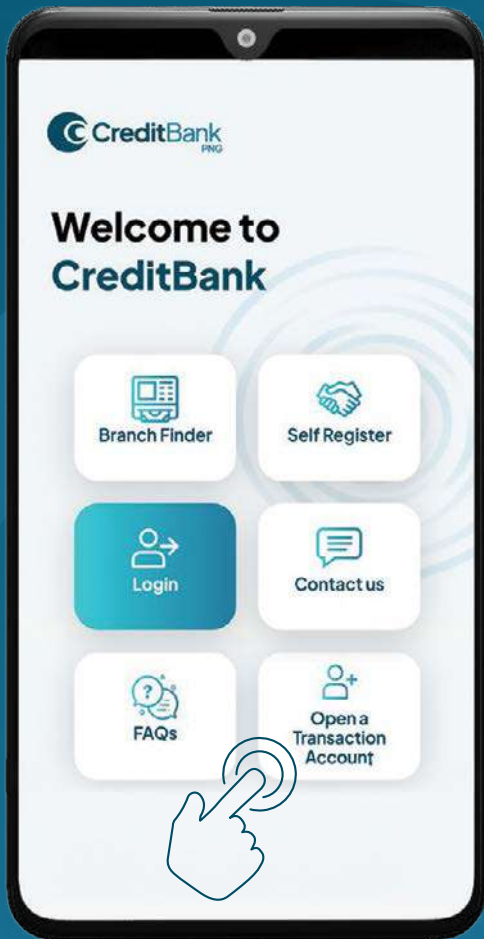
A tribute to porters
on the trail

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How a simple gesture is helping
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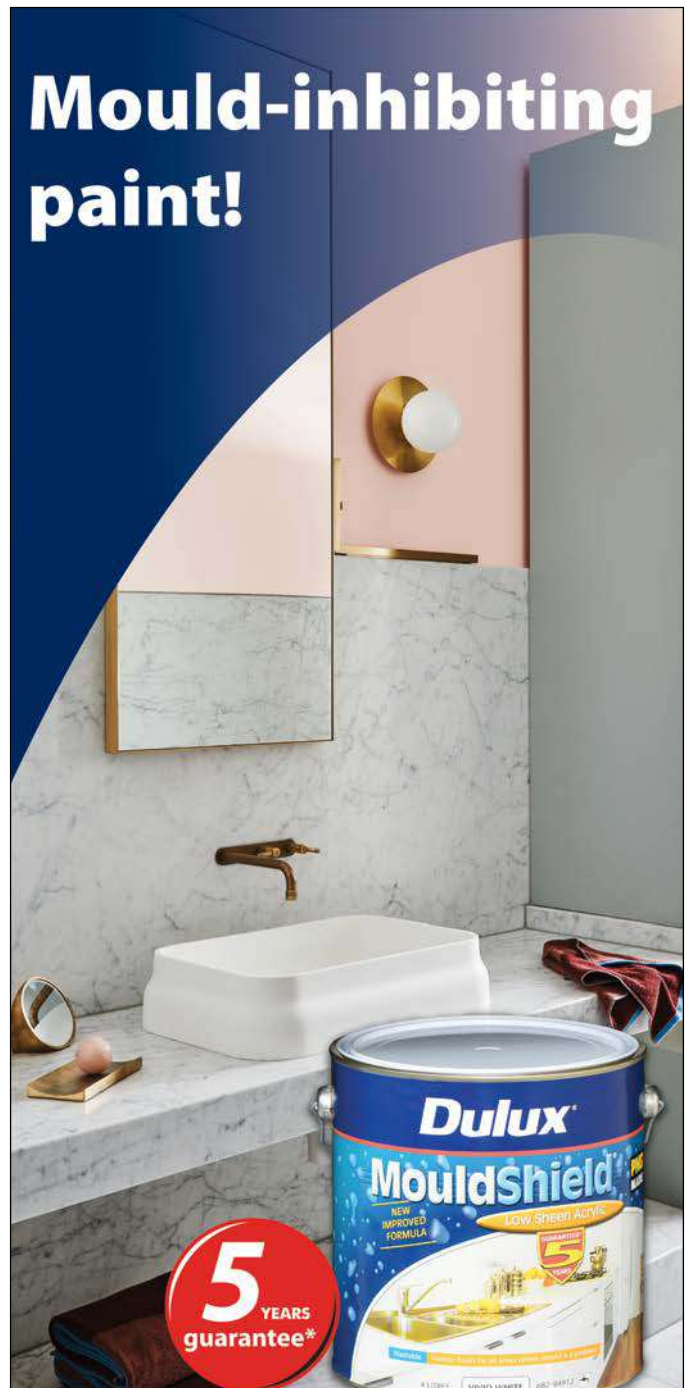
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IN PARADISE

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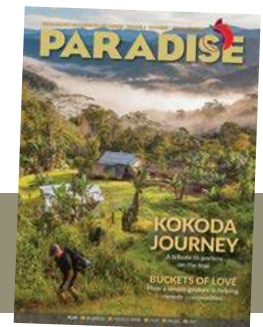
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COVER PHOTO The Kokoda Trail. See our story, Page 22. Picture: Andrew Peacock, Getty Images



Message from the CEO

Welcome aboard



The bird of paradise is deeply woven into the cultural fabric of Papua New Guinea, symbolising beauty, grace, and freedom. In Air Niugini's 'Bird of Paradise' service, this symbolism is mirrored in our commitment to offering exceptional hospitality, comfort, and care to every passenger.

Welcome aboard Air Niugini and thank you for choosing to travel with us. As we continue our journey together, I am

delighted to introduce the latest edition of *Paradise* – your gateway to discovering the wonders of PNG and beyond.

In this edition, we bring you stories that celebrate the vivid spirit and natural beauty of our nation. From the exhilarating ascent of Mount Garbuna in West New Britain to the breathtaking underwater adventures in the pristine coral gardens of Kimbe, our tourism features will transport you to some of the most awe-inspiring destinations. You'll also read about the unsung heroes of the Kokoda Trail – the porters who selflessly guide and support trekkers along this historic path.

Additionally, you'll be inspired by stories of community support, such as the heartwarming 'Buckets of Love' initiative, which is making a tangible difference in the lives of remote island communities.

On the business front, our economy is showing remarkable resilience, with growth projections signalling a strong recovery. This positive outlook is mirrored by the exciting developments in Port

Moresby, where a new township and retail precinct are taking shape, catering to the needs of our growing middle class. We also recap the 2024 PNG Investment Conference in Brisbane, where Air Niugini played a key role in promoting investment opportunities in our country.

In sport and entertainment, we take pride in our nation's representation at the Paris Olympic Games and celebrate the musical collaboration between PNG and Australia, which is fostering cultural exchange and dialogue.

Our Air Niugini stories reflect our ongoing commitment to serving you better. We're excited to have resumed our Port Vila service via Honiara, as well as expanded our direct flights to Hong Kong. We are thrilled to return our jet services to Rabaul thanks to the National Airports Corporation maintenance program at Tokua Airport.

Additionally, our pilot cadet program continues to train the next generation of aviators, ensuring that our skies are in capable hands. We are also proud of our participation in World Environment Day, contributing to the conservation of mangrove ecosystems, which are vital to the future of our environment.

As always, your safety, comfort, and satisfaction are our top priorities. We hope this edition of *Paradise* enhances your journey and inspires your next adventure.

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

Gary Seddon
Chief Executive Officer



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PARADISE Q&A

POWES PARKOP

The high-profile Port Moresby Governor has been in office since 2007. *Lemach Lavari* asks him about his vision for the city and his greatest achievements so far.

Q: What did you do before you became Governor?

A: I was a lawyer. I taught at the law school at the University of Papua New Guinea for eight years, I also worked for a human rights organisation and in private practice.

Q: What have been your greatest achievements as Governor so far?

A: I think the physical transformation of the city, building infrastructure such as roads and enhancing public places such as Ela Beach. These things have been done in partnership with the National Government and other partners.

Q: What makes Port Moresby a great city?

A: Papua New Guinea has more than 1000 tribes and 800 languages, and the diversity of this culture can be found in only one place – Port Moresby – through song, dance and the food.

Q: What are the city's key attractions for visitors?

A: First and foremost, it is our culture and tradition. Port Moresby is a one-stop shop experience of PNG's diverse culture. There are cultural events such as the Independence Day celebrations (on September 16) and unique places like the Port Moresby Nature Park and the Adventure Park where you



Port Moresby Governor Powes Parkop wants to improve the city's infrastructure and create more modern housing.

PICTURE: LENNONX MATAINAHO

can see PNG's biodiversity. We also have the National Museum and Art Gallery. It has a great collection of PNG artifacts and crafts and tells the story of our journey, our heritage, and our ancestral past. Of course, we have the National Parliament House, an iconic building.

Q: If there was one thing you could change about Port Moresby straight away, what would it be?

A: It would be to transform squatter settlements into planned suburbs with modern amenities, infrastructure and services. If we can transform these areas,



I believe we will have a strong foundation for a thriving, liveable, transformative city for the future that can really match our global branding of 'Amazing Port Moresby'.

Q: What is the potential of the Paga Hill development?

A: It will change the face of the city in terms of creating a bustling hub for business and entertainment, and opportunities for our people. It is a great concept that we have been supporting and it needs to be sped up.

Q: What other types of development do you want to see in Port Moresby?

A: We must build more residential areas, mainly high-rise apartments, because Port Moresby is reaching a situation where land for development is running out. Also, there is a need to improve our public transport. Our current system is way behind and not consistent with modern metropolises. We need a reliable, efficient and safe public transport system. Also, more recreational

“

I want the city to be up there in terms of the liveability index. I'd like to see Port Moresby as a major urban hub for the country and the region. I'd like to see people from the Solomon Islands or Vanuatu or Fiji migrate here to live and work.

”

spaces like Ela Beach. We are currently working on Independence Boulevard. My vision for it is to be a place to host national events.

Q: What do you want your legacy to be?

A: What I envision is a strong (infrastructure) foundation that will support good quality of life. I want the city to be up there in terms of the liveability index. I'd like to see Port Moresby as a major urban hub for the country and the region. I'd like to see people from the Solomon Islands or Vanuatu or Fiji migrate here to live and work. Most countries of the world are known by their cities; the UN Habitat has predicted that by 2030 more than 60 per cent of the world's population will be living in cities. Urban centres are critical to the future of our country and the world. For me, I am preparing Port Moresby for that. ■



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PNG proudly flies the flag at Paris Olympics

The Papua New Guinean flag flew beside the flags of more than 200 countries or territories that took part in the Olympic Games in Paris earlier this year.

PNG was represented by a team of seven athletes. Although there were no medals for them, they proudly represented PNG in the pool, on the track, in the ring and on the stage.

The team included weightlifter Morea Baru, taekwondo athletes Gibson Mara and Kevin Kassman, boxer John Ume, sprinter Leonie Beu, and swimmers Josh Tarere and Georgia-Leigh Vele.

Among the seven, there were some heat wins and personal best performances. Baru, competing in the men's 61-kilogram division, was ranked fifth overall.



PNG's flagbearers Gibson Mara and Georgia-Leigh Vele wave the nation's flag on a boat on the River Seine during the opening ceremony of the Olympic Games. PICTURE: MAJA HITIJ / GETTY IMAGES

"It feels like all the hard work has paid off: I'm happy that I represented my country," Baru told the Pacific News Service.

PNG Chef de Mission, Ryan Pini, told *The National*: "He has made Papua New

Guinea proud, standing as a true ambassador for our nation."

It was Baru's third top 10 finish at an Olympics, following 10th in Tokyo in 2020 and sixth in Rio de Janeiro in 2016.

“

It feels like all the hard work has paid off.

”

PNG has participated in every Olympics since 1976, except in Moscow in 1980 when PNG took part in the American-led boycott to protest the Soviet invasion of Afghanistan. ■

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A show of PNG artwork

Thirty works by Papua New Guinean artists are being displayed at the Akis Art Prize Exhibition at the PNG National Museum and Art Gallery in Port Moresby from October 7 to December 7.

Artists had the freedom to use any medium to create their work – paints, beads, clay, sand and ink – with the only rule being to finish their art on paper or canvas.

The nationwide competition attracted about 1000 entries, and the exhibition features the works of 30 of the finalists.

The competition was created by Lani Auvita Scott, the founder and director of the Arts Society of Papua New Guinea, and its vice president, Rio Fiocco.

Aspiring PNG artists were encouraged to submit their interpretation of the theme:



An artwork by Timothy Akis.

Looking Forward – Dreams & Aspirations for the Future of Papua New Guinea.

The competition is named after Timothy Akis, one of the country’s first contemporary artists.

The competition had three divisions: the Akis Art Prize for participants aged 18 and over, the Paga Hill Estate Youth Art Prize for those aged 13 to 17 and the Kumul Consolidated Holdings Junior Art Prize for participants 12 years and under.

Additionally, the Coca-Cola People’s Choice Prize was decided by public votes.

Air Niugini was a gold sponsor of the award.

The exhibition can be accessed for free during the museum’s opening times (9am–3pm on Monday to Saturday and 1pm–3pm on Sunday). Finalists’ works are for sale. ■

– MARY TAO

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AWARD-WINNING FILM ON PNG SAILING ADVENTURE

A documentary chronicling the first-ever circumnavigation of the island of New Guinea in a traditional sailing canoe is set to make its Papua New Guinean premiere at the National Kenu and Kundu Festival on November 1.

The film, *SAILAU*, features Milne Bay master sailors Sanakoli John, Justin John and Job Siyae, as well as Danish adventurer Thor F. Jensen.

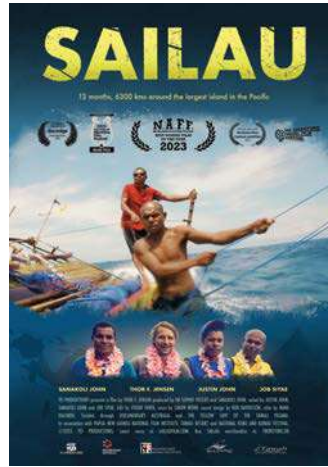
The expedition set off in 2016 and covered 6300 kilometres over 13 months and 21 days.

The film follows the adventure from the starting point at Tawali

Resort and follows the sailors all the way around PNG and West Papua (Indonesia).

The documentary had its world premiere at the DocEdge Festival in New Zealand and has already won prizes internationally – including the Maritime Film of the Year 2024 and Nordic Adventure Film of the Year 2024.

Sanakoli John says: "I have travelled to Canada, Germany and United Kingdom, everyone wants to hear the story of our circumnavigation and learn about PNG traditional culture. I have so much joy in my heart that



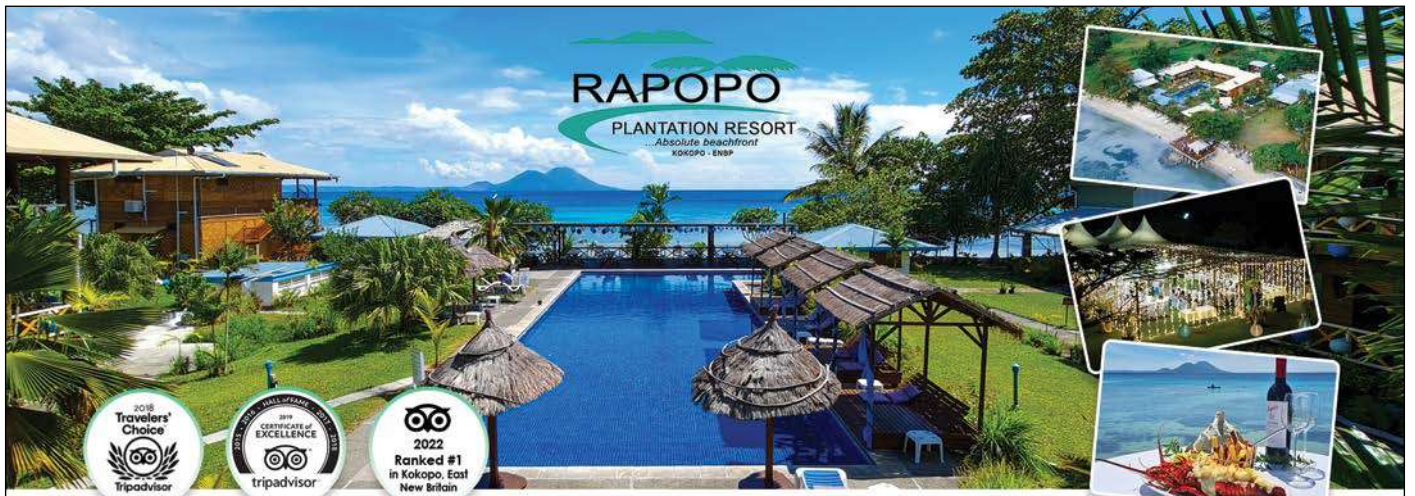
A poster for the *SAILAU* film (left) and a photo from the circumnavigation (right).

now our brothers and sisters can finally watch our film."

Thor says: "This is a film for PNG, we want to find partners to share the film far and wide and hope to find the funding to

screen the film in other parts of the country as well."

There is also a book written by Jensen about the adventure, called *Salt Water and Spear Tips*, published in 2020. ■



Rapopo Plantation Resort received 2018 Travellers' Choice Top 25 Hotels in the South Pacific being TripAdvisor's most prestigious award. In 2020 Rapopo was given the Hall of Fame award recognising 8 consecutive years of consistent Excellent rating from Travellers.

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New eatery with focus on fresh ingredients

Port Moresby's newest restaurant, Krazy Bites, opened in the Times Square building in Gordons earlier this year. Since its opening, the beef in creamy mushroom sauce, served with a side of seasonal vegetables like pumpkin or *pitpit*, has become a customer favourite.

The restaurant's menu is a mix of Asian and Western cuisine, with local influences to suit the PNG palate.

The restaurant is owned by local lawyer and businessman Alfred Kimbu. Opening a restaurant was a decade-long dream of Kimbu's, and it became a reality after he teamed up with Liz Nazareno (general manager) and Taniela Ulago (restaurant manager), who together have a wealth of experience in catering, events and hospitality.



Owner Alfred Kimbu (wearing tie) and staff at Krazy Bites (top and above).

PICTURES: LENNOX MATAINAHO

When you enter Krazy Bites, you are immediately greeted by friendly staff. The acoustic music, colourful local art and fairy lights create a relaxed atmosphere. There are large family tables, cosy armchairs in the corners and outdoor seating.

Fresh ingredients are important in the Krazy Bites kitchen. The sauces, dressings and marinades are made from scratch. Pickles and chillies are brined inhouse and their baker makes the restaurant's own range of bread for the menu. It's also on sale at the front.

Kimbu has also started a farm at 17 Mile, a branch of his Misty Range Farms. Currently in the early stages of duck, chicken and pig farming, the aim is to be able to produce enough meat and vegetables for the Krazy Bites kitchen and to supply grocery shops. ■

– MARY TAO



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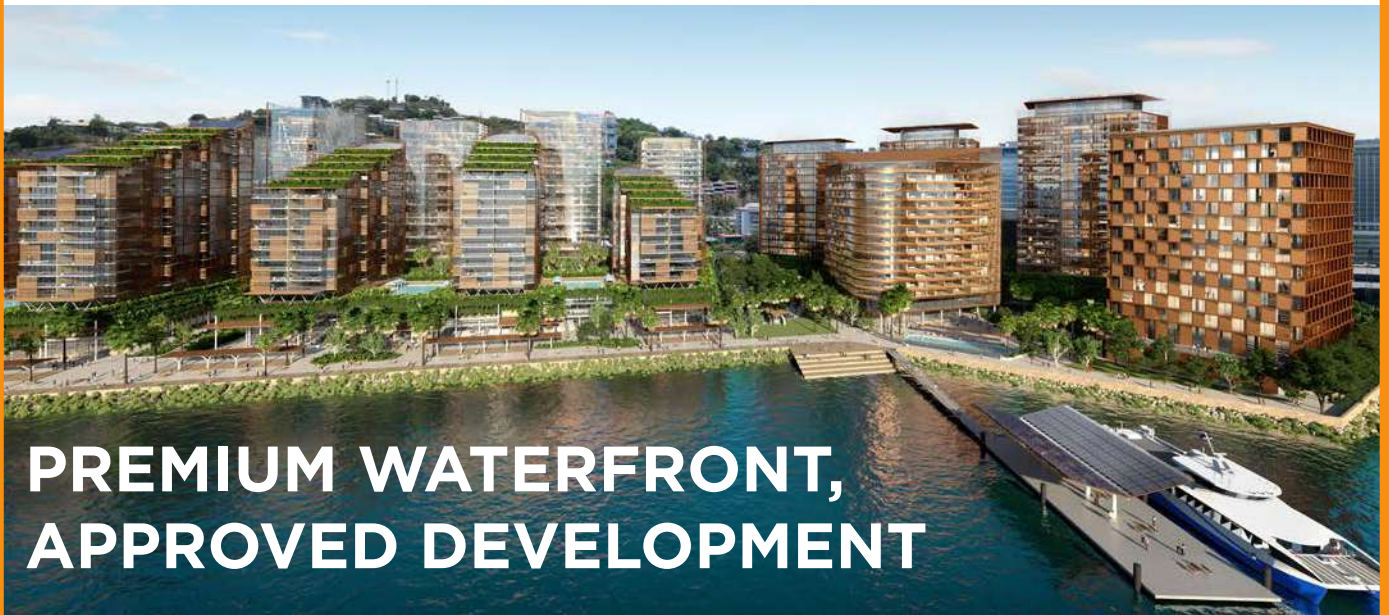


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Showcase PNG golf event

One of Papua New Guinea's showcase golfing events has been played and won at the Royal Port Moresby Golf Club.

Queenslander William Bruyeres came out on top at the PNG Open, after a four-day competition against 107 other professional and amateur golfers.

Twenty PNG-based golfers competed in this year's tournament.

This is the Queenslander's first win at the PNG Open and it's earned him a guaranteed spot in future tours and about PGK95,000 (A\$36,000) in prize money.

Bruyeres scored a 4-under 68 on the last day, finishing at 17 under par. His closest competitors were James Conran and Andrew Campbell.

"It feels amazing – absolutely amazing. What an experience. Today was an up and down day. I didn't play my best golf, but at the end of the day it worked out for me," Bruyeres told local media.

Apart from the big win, there was much excitement on day two with Braden Becker hitting a rare albatross, sinking the ball after just two strokes on the par 5 from 265 metres away.



PICTURE: COURTESY OF PGA AUSTRALIA

The Prime Minister James Marape presents PNG Open winner William Bruyeres with his trophy.

The PNG Open is the first tournament of the Challenger PGA Tour of Australasia. The series comprises nine more tournaments around various golf courses in

Australia. The last event is the Gippsland Super 6 Tournament at Warragul Country Club, Victoria, starting on December 12. ■

– MARY TAO



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BIG PICTURE

TAKEN BY YANU KAGAYO

A fisherman gently glides his canoe down the glassy water of the Aramia River in the Fly District of Western Province. The river connects most of the villages in the area and the Gogodala people use it as the main way to travel. The photographer, a worker stationed in the region, took this photo in the Awaba area and says Balimo is the closest town. "Awaba is a mission station established many years ago," she says. "The river gives the people here good sources of protein, from shrimps to crocodiles and fish such as black bass, catfish and barramundi."





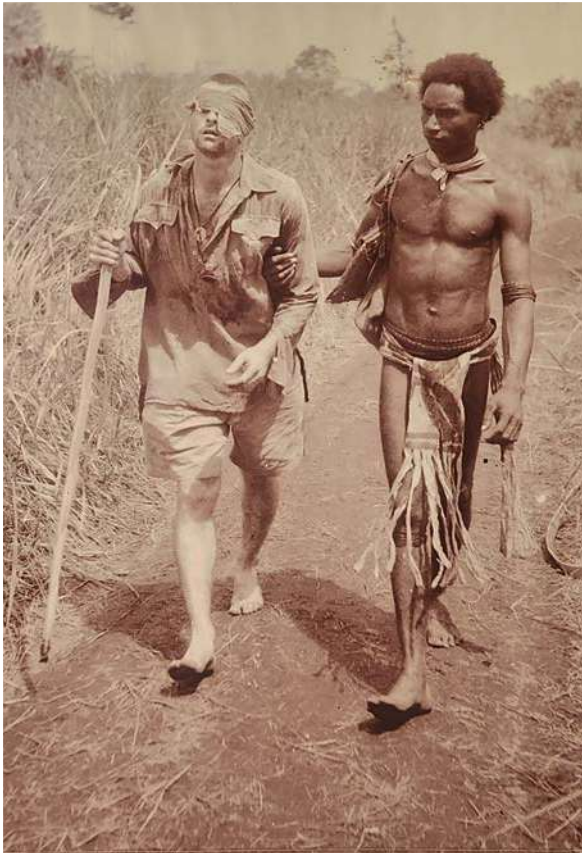
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TRAVELLER

OUR COUNTRY, OUR REGION, OUR WORLD

Porters provide a helping hand to a trekker on the Kokoda Trail (right); a Fuzzy Wuzzy Angel helps an injured Australian soldier on the Kokoda Trail during World War 2 (below); thick jungle surrounds the Kokoda Trail (far right).



Ari Sharp pays tribute to PNG porters past and present on the 96-kilometre Kokoda Trail.

Angels on Kokoda





“

The porters help keep trekkers upright and moving forward during the steep ascents and descents, wade through waters at creek crossings to help trekkers find the optimal route and provide encouragement to weary travellers.

”



“Don’t look at the top of the mountain. Just look at your next step. Then the step after that. And the step after that.”

I had only known Jonathan for a few hours, but already he was giving me sage advice. As my ungainly figure lumbered up the first big mountain we had encountered on the Owen Stanley Range, my 22-year-old porter with a mop of braided hair had clearly sized me up as a neophyte in need of some gentle encouragement.

Such is the lot of a porter on the Kokoda Trail, the treacherous 96-kilometre path that winds its way up and down mountains, along ridgelines and across creeks in Papua New Guinea.

Each year thousands of tourists – mainly Australians – seek to walk in the footsteps of the soldiers who fought and beat Japanese forces on this muddy track to repel Japan’s southward thrust during World War 2.

Stories of that 1942 campaign typically centre on the stoic acts of heroism undertaken by frontline Australian troops, trekking through mud and heat with limited supplies, and often let down by senior command portrayed as ignorant or indifferent to the circumstances on the ground. Recognition in this wartime drama is also given to the Fuzzy Wuzzy Angels, the Papuan New Guineans who supported the Australians by transporting supplies and stretcher the injured to life-saving medical care. ➤



In a famous newsreel *Kokoda Front Line*, Australian journalist Damien Parer's voiceover says: "The care and consideration shown for the wounded by the natives has won the complete admiration of the troops."

More than 80 years on, another generation of these Angels is an essential enabling force for Australians on the trail. Many of the porters, like Jonathan, are personal porters, carrying much of the gear of particular travellers, and others are group porters, carrying the collective supplies that are essential for a group heading into remote mountains for a week.

Just what is considered essential? Beyond the tents, medical supplies and food staples, some porters have giant cooking pots strapped to their sides, and one we spotted on the trail was clutching a bright blue guitar.

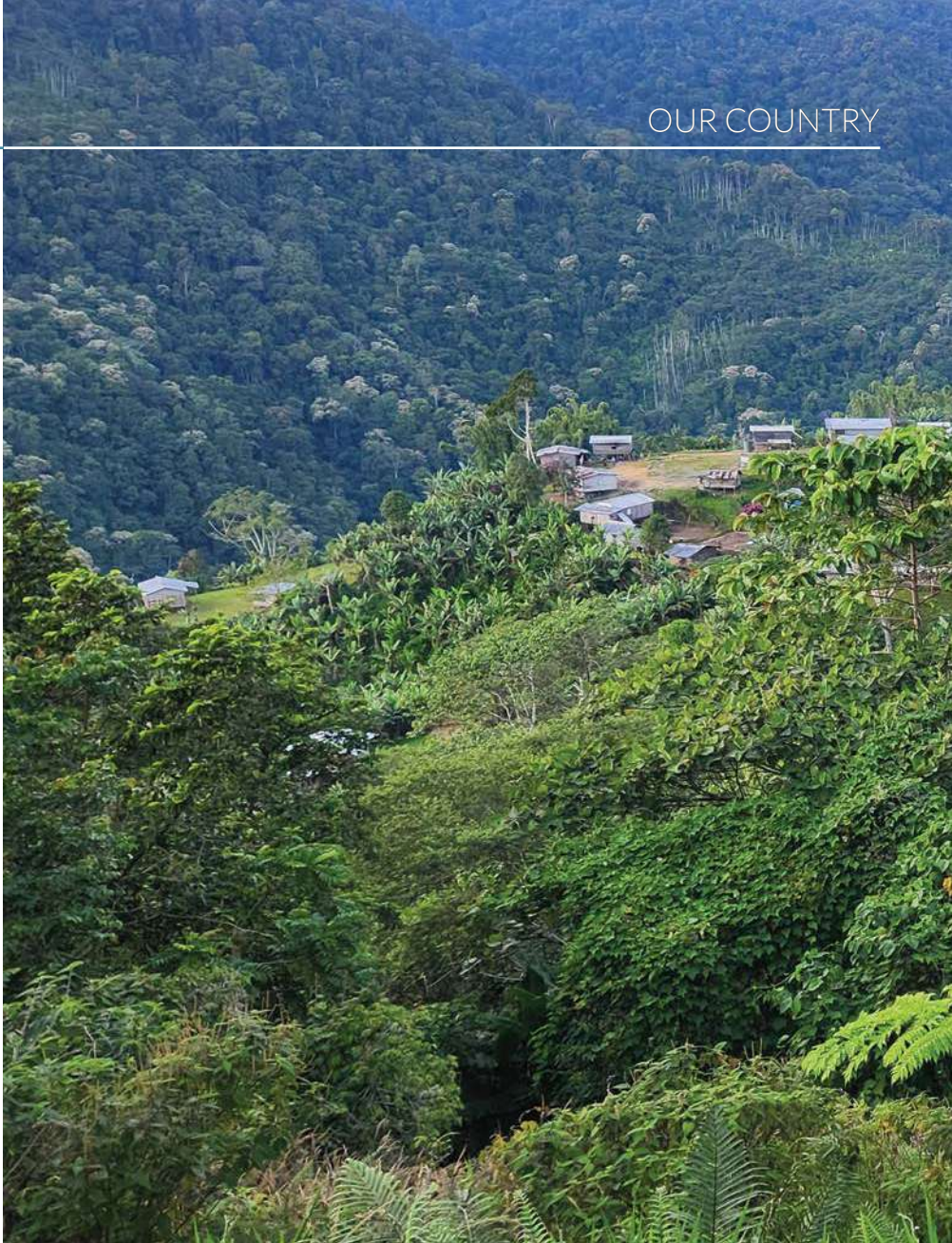
Our group of 13 Australians, a bunch of neighbours and colleagues whose ages ranged from 16 to 59, quickly came to rely on these porters. We had 18 porters with our group, a ratio of nearly one-and-a-half porters for each trekker, which is typical for the groups undertaking the arduous journey.

Beyond the logistical support they offer, the porters help keep trekkers upright and moving forward during the steep ascents and descents that are a hallmark of the walk, wade through waters at creek crossings to help trekkers find the optimal route and provide encouragement and morale boosts to weary travellers, just as Jonathan had on my first day.

Each afternoon, as we arrive at our next camp, while the Australians rest their legs, our PNG porters continue to work – pitching tents, gathering firewood and preparing our dinner. Grumbling is entirely absent. "Just because they don't look tired, doesn't mean they're not," observes my Australian guide Matt. "They don't like to show any sign of weakness."

As we trudge through the mountains, Jonathan reveals some of his story to me. Unlike most porters on the trail, he is from Port Moresby. Not married, he has a brother and sister still at school, and works as a porter to support them.

The porters share much in common. Some things are obvious from our first hour



The author's trekking group on the trail (above); the author with porter Jonathan (left); rules for visitors (right).





together – they are all fit young men, most are from the mountain villages that freckle the Owen Stanleys, they appear enamoured with Rastafarian cultural markers and bring endless reserves of energy.

But other details about our porters only become clear as our week progresses. Most porters are members of the Seventh Day Adventist Church, which since the arrival of missionaries early last century has had a strong influence on the communities along the Kokoda Trail.

The influence of the church becomes clear during the trek, as our porters lead an evening *sing-sing* filled with tunes reminding us that Jesus walks with us on the road to Port Moresby, and later as they abstain from the usual revelry on Saturday, the Sabbath for Seventh Day Adventists. ➤





A ridgetop village on the Kokoda Trail (left); porters helping a trekker (centre left); porters setting up camp (centre right); the trekking group at the end of the 96-kilometre trail (bottom).



Four days into our trek we make it to the village of Kagi, high in the mountains. This is where many of our porters come from, and their families are keen to welcome us to the village. As a church service ends, our group of trekkers is ushered into a line for a welcome ceremony. A church elder offers some words of encouragement for the trek, before families sing a song with voices that carry the resonance of a life spent in church choirs. Later we give some balls to the children and play with them on a dusty field, the children bustling with energy as they demonstrate their rugby league prowess.

Back on the trail, I note that while the feet of trekkers in our group are wearing trail shoes or hiking boots, most of our porters are either barefoot or in flimsy pairs of thongs. Those who grow up poor in the mountains develop feet with an affinity for the land, it seems. And their method works for them – even as the Australians were slipping and sliding, our thonged porters stayed upright. “This is how we’ve always done it,” one porter explains.

As the final day arrives, we drag ourselves up one final steep ascent to the heroic arch at Owers’ Corner. Soon after I cross the finish line I collapse to the ground, my energy spent.

Jonathan checks if I’m okay, and I nod in the affirmative. Later that night, at a farewell dinner back in Port Moresby, he hands me a wood log carving he has made across the week. It is an apt memento, with my name and a silhouette of trekkers on its side. It carries a phrase in Tok Pisin: “*Insait lo leg mak blo masalai.*” “You are walking with the spirits”. Jonathan answers my unspoken question, a step ahead the whole way. ■





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Under the sea,

Grant Thomas dives in the pristine waters of Kimbe Bay and climbs to the top of a PNG volcano.

As the wheels of the Air Niugini plane touch down on the rugged runway of Hoskins Airport, I can't help but feel the excitement of an extraordinary adventure. My destination is Walindi Plantation Resort, known for its diving and snorkelling, as well as land tours that include birdwatching and an awesome volcano trek.

The resort, with 20 bungalows and plantation house rooms, as well as liveaboard

dive boats, nestles on the shores of Kimbe Bay in West New Britain Province.

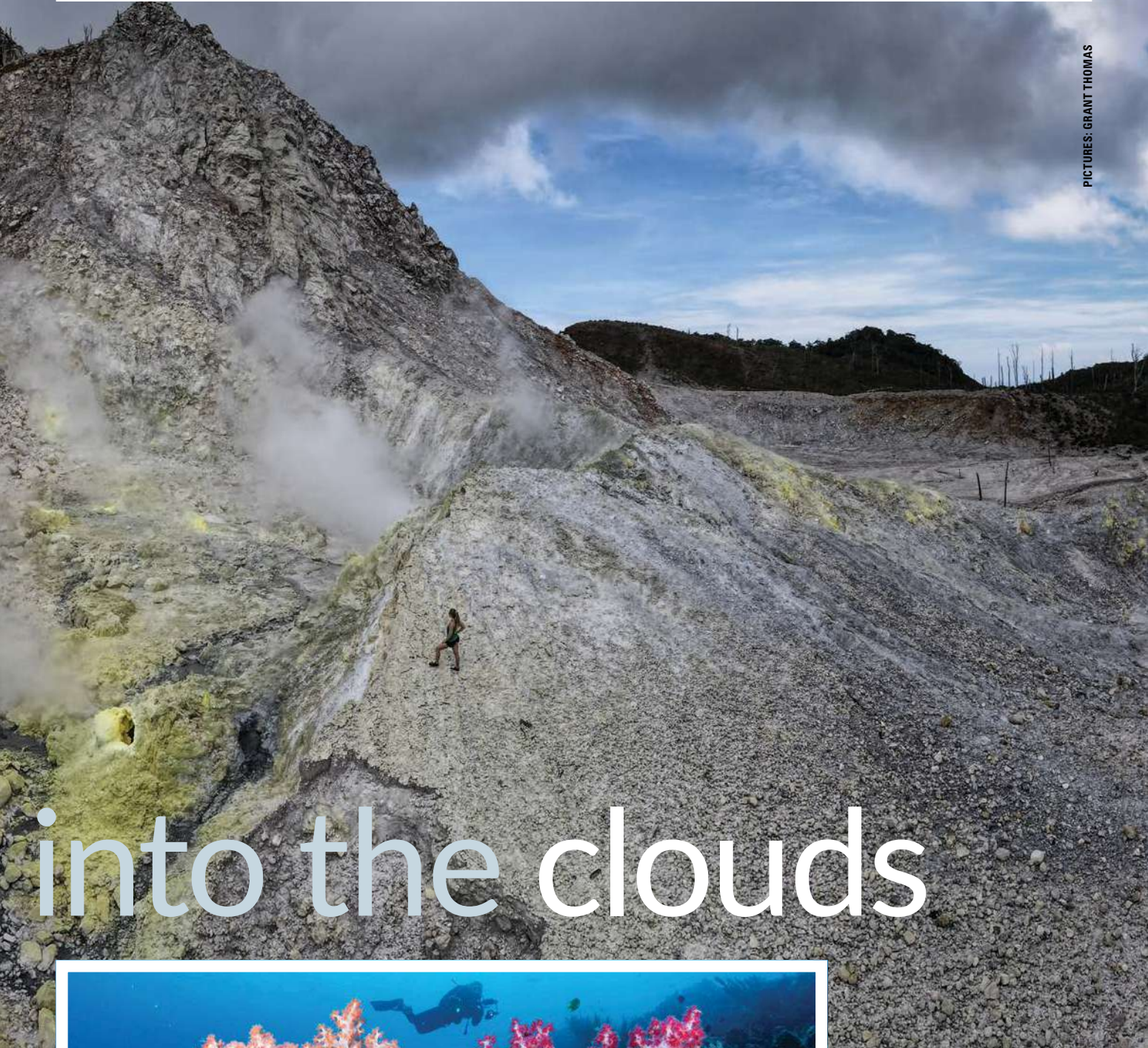
The next few days will have me diving into a plethora of underwater wonders and climbing to the summit of Mount Garbuna.

From the moment I dive into Kimbe Bay's pristine waters, I am struck by the immense quantity of marine life. It's as if Mother Nature has unveiled a masterpiece, showcasing an underwater Eden.

Guided by the Walindi dive masters, I am taken on an underwater journey through some of the best dive sites on the planet, such as the colourful coral gardens of South Emma and North Emma Reefs, which are littered with vibrant red whip corals and sea sponges.

A highlight of my underwater odyssey is exploring the walls of Otto's Reef, which rise steeply from the deep blue water and ►





into the clouds



A bird's-eye view of Mount Garbuna (above); colourful soft coral in the pristine waters near Walindi (left).



are laden with huge gorgonian sea fans and colourful sponges. As I descend, I'm surrounded by towering coral formations, teeming with life. It is here, at sites like Bradford Shoals and Inglis Shoals, that I share the water with swarming schools of jackfish and barracuda gliding effortlessly through the currents.

Just when I think my Walindi journey has reached its peak, I find myself lacing up my hiking boots for a different kind of adventure – the ascent of Mount Garbuna.

Rising prominently on the horizon, the volcano's silhouette against the backdrop of the lush Papua New Guinean jungle is an irresistible call to explore more of this incredible area.

As I embark on the Garbuna Summit Trail, the air becomes cooler, and the terrain more rugged. As I navigate the meandering trail through dense rainforest the melodic notes of birdlife are heard all around. ➤



Walindi Plantation Resort (this picture); friendly anemone fish are found on the reefs (right); giant whip corals bend in the strong currents (far right).

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“

Guided by the Walindi dive masters, I am taken on an underwater journey through some of the best dive sites on the planet.

”



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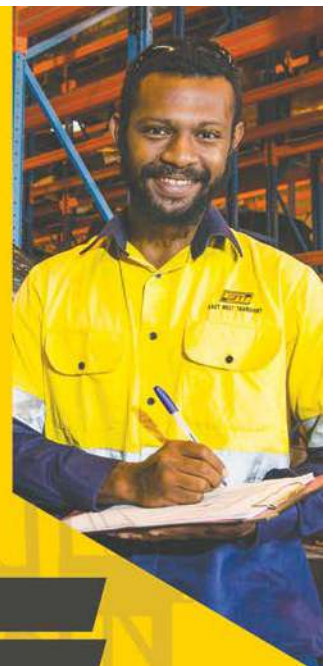
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The ascent is physically demanding and spiritually rewarding, with each step taking me closer to the summit and the breathtaking panoramas of Kimbe Bay and the surrounding islands.

Reaching the pinnacle of Mount Garbuna is a surreal moment, a convergence of the feelings of triumph and sheer awe.

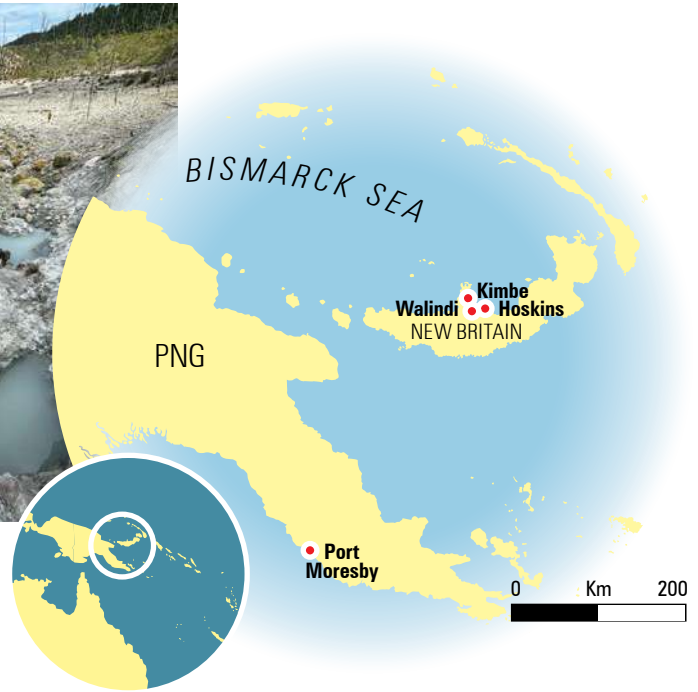
The crater below, scattered with sulphury debris, rumbles ominously. As I stand there, the strong smell of sulphur fills my lungs. I can't help but feel a profound connection to the untamed beauty that defines PNG. ■

Walindi Plantation Resort is about one hour from Hoskins Airport and provides shuttle bus transfers. Meals are included with accommodation. For costs, see walindi resort.com.




 **Air Niugini flies from Port Moresby to Hoskins daily. See airniugini.com.pg.**



The climb to the top of Mount Garbuna is steep and rocky. It involves jumping over sulphur pools and steam vents.



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A retreat to rejuvenate body and SOUL

Bronwen Gora finds out why The Farm at San Benito in the Philippines has been hailed the world's best wellness retreat.





“
The beauty and tranquillity around me seem
otherworldly.
”



The tranquil grounds at The Farm in the Philippines (opposite); a massage in the pool (far left); a garden villa (above left); a chef at one of The Farm’s four restaurants (above right); a quiet space (left).

Long before health retreats became popular, The Farm at San Benito was setting the standard. Now in its 22nd year of operation, the reputation of the wellness eco-luxury resort two hours south of Manila remains unmatched, recipient of 110 awards so far (and counting), including Best Medical Wellness Resort in the World.

So it’s with a good dose of curiosity that I venture to the much-lauded retreat nestled in the lush jungle abutting Lipa City in Batangas.

The property is impressive: 52 landscaped hectares of mesmerising tropical splendour, set against the striking backdrop of the soaring Malayarat Mountains.

Strolling The Farm’s palm-tree-lined paths and manicured grounds I make some

delightful discoveries. There are ponds, several swimming pools, flowers, and the Secret Garden where paths through thick foliage lead to private meditation huts and a gorgeous grotto where guests can bathe beneath a waterfall.

I hug the property’s famous 300-year-old mango tree, growing in a stone courtyard popular for weddings. Peacocks, geese and ducks with ducklings wander freely.

The magic of this special place unfolds bright and early on my first day when I join a 7am yoga class in the open-air yoga shala. I settle on a mat, a soft breeze blowing over my face, and gaze across the bright green lawn to the lake and fountain, the scene shimmering in morning sun and framed

by dramatic mountain peaks beyond. The beauty and tranquillity around me seem otherworldly.

My massage at The Farm’s legendary spa is exquisite, and I take a dip afterwards in the infinity pool. Nearby is an eye-popping aqua facility set in a futuristic concrete structure. On the top level I soak in several therapy pools set within a gigantic outdoor pool. Then, on the level below, I engage in the exhilarating experience of being blasted by water from every direction as I move through a series of pressurised showers. It’s quite amazing, and I’ve never seen anything like it elsewhere.

The variety of accommodation is vast, from gorgeous garden and pool villas to ▶



deluxe rooms and luxury residences, all beautifully appointed and tucked away in various pockets amid swaying palms.

Guests have their choice of four restaurants: ALIVE! for vegan food, Prana serving vegetarian, Pesce for Mediterranean Blue Zone-inspired seafood dishes and The Deck for a la carte dining with a bar.

A wide range of wellness programs and health optimisation programs are on offer at The Farm. Yet the beauty of this place is being able to choose to do as much or as little as you wish.

I go down the medical wellness route, meeting with a doctor for a holistic health consultation, and then a nutritionist. I find out my blood type, discover I'm dehydrated from travelling, but encouragingly have the metabolism of a 31-year-old at the age of 56.

Still, I am placed on a three-day cleanse. My treatments include colon hydrotherapy, a kidney cleanse treatment, spa massages, an hour in a flotation tank and an exquisite

Empress Facial. This involves acupressure all over my face, head and neck, and the lovely sensation of my pores being closed with an icy cold roller. The one-hour therapy is designed to improve blood circulation and stimulate collagen formation, leaves my skin glowing, and is said to be equivalent to a week of deep sleep – benefits that are typical of the many treatments that have become The Farm's staples.

After three days here I can see why The Farm is an award-winner, a favourite of busy executives, ex-pat workers and anyone desiring some serious relaxation and/or attention to their health and wellbeing. The staff are wonderful too, compassionate and friendly. I, for one, will be back. ■

 **Air Niugini flies from Port Moresby to Manila four times a week.**

Bronwen Gora's regular wellness column is on page 68.

NEED TO KNOW

GETTING THERE A 90-minute to two hour-plus drive from central Manila, depending on traffic. The Farm is at San Benito, 119 Barangay Tipacan, Lipa City, Batangas, Philippines.

STAYING THERE Choose from more than 18 styles of villas and deluxe rooms starting from PGK843 for two persons per night in a Palmera Suite; partake in any of 16 medically supervised all-inclusive programs from PGK1535 per person per night excluding accommodation; or book spa massages, treatments and various therapies individually during your stay.



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NGCB CEO Imelda Agon's Visionary Capacity Building Initiative Expands Horizon Through Australian Study Program



Imelda Agon, the visionary CEO of the National Gaming Control Board (NGCB), has embarked on a groundbreaking initiative that promises to enhance the knowledge and expertise of NGCB staff members.

Under the Memorandum of Agreement (MOA) between Ferguson Education Group (FEG), a leading education group in Australia and New Zealand, and the NGCB, a select group of NGCB employees will undertake a six-month study program in Australia.

First batch of four staff have been sent down to Australia and currently undergoing training in Certificate IV in Business (Cyber Security).

This pioneering venture spearheaded by Ms Agon is set to revolutionise the gaming landscape in Papua New Guinea and elevate the NGCB to new heights.

The study program in Australia will provide NGCB employees with a unique opportunity by equipping them with an understanding of legislative requirements, maintaining security of digital devices, assessment and management of cyber-security threats while also promoting IT security awareness and best practice in the workplace.

The insights gained from this program will undoubtedly catalyse the NGCB's efforts to establish a robust regulatory framework and promote best gaming practices domestically.

The CEO's visionary leadership has been instrumental in securing this collaboration with FEG.

Recognising the significance of cross-border partnerships in the modern gaming industry, Agon has actively pursued alliances that leverage international expertise to uplift the NGCB capabilities.

Through this MOU, she has demonstrated her commitment to fostering a culture of continuous learning and professional development within NGCB.

The benefits of this Australian study program extend beyond the individual participants, as they will play a pivotal role in disseminating the knowledge and skills acquired to their colleagues upon their return.

The NGCB under Imelda Agon's guidance is poised to become a hub of excellence in gaming regulation, setting new standards of integrity and transparency in the PNG gaming industry.

Furthermore, this initiative aligns perfectly with the broader national vision of PNG gaming sector.

By investing in the professional development of NGCB staff, the country is reinforcing its commitment to responsible gaming practices, consumer protection, and economic growth.

The knowledge gained from studying in Australia will help shape policies that strike a balance between fostering a thriving gaming industry and safeguarding the welfare of PNG citizens.



Signing of the Memorandum of Agreement between NGCB and FEG in Gold Coast Australia



Ferguson Management team enjoyed a great dinner with team members of NGCB



KNOW THY NEIGHBOUR: NORTHERN MARIANA ISLANDS



Pristine blue waters and manicured gardens at Saipan, the capital of the Northern Mariana Islands. The popular day-trip destination of Managaha Island is on the horizon, at right.

Where are the Northern Mariana Islands?

The Northern Mariana Islands, a self-governing commonwealth of the US, are 2700 kilometres north of Port Moresby. Saipan, the capital, is at a similar latitude to the Philippines' capital Manila, and this relatively small island – 20 kilometres long and nine kilometres wide – is the international gateway and commercial hub of the islands.

What languages do they speak?

English, Chamorro and Carolinian are the official languages.

What's there for visitors?

Saipan was once recognised by Guinness World Records for having some of the most consistent temperatures on Earth. The agreeable climate could be the perfect match for the islands' white sand beaches, coral reefs and for playing a castaway. Uninhabited Mañagaha Island, near the capital, Saipan, and its beaches is a popular day-trip destination. Rota Island is the other main tourist destination.

What makes the economy tick?

There are garment manufacturing industries, small-scale beef farming and also subsistence fruit and vegetable farming. For the population

of some 60,000 it is tourism – Japanese and Americans make up significant tourist numbers – which is the biggest contributor to the country's economy.

What is the currency?

The US dollar.

What are the highlights?

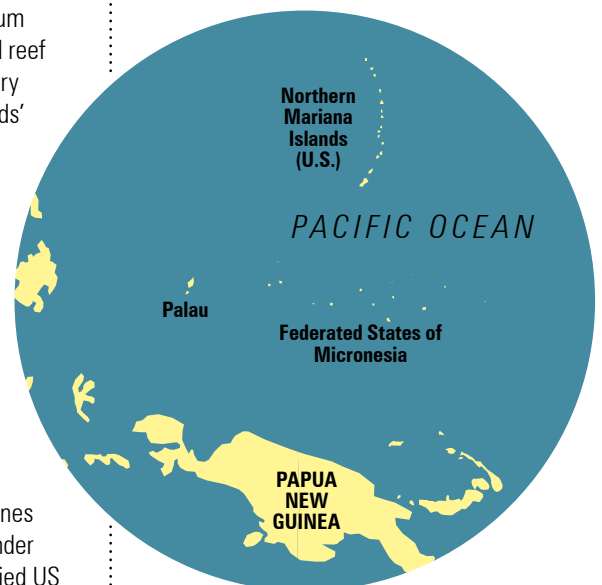
Snorkelling and diving are popular. The Grotto is an underwater limestone cavern that is home to a free-ranging aquarium of sea life, including turtles, coral and reef sharks. Significant World War 2 history includes the site of the Mariana Islands' last Japanese command post and is considered a National Historic Landmark. For food lovers, the Garapan Street market is a confection of Saipan's culinary traditions: *kelaguen*, a Chamorro delicacy, is a dish where either chicken or fish is marinated with lemon juice, grated coconut, hot pepper and other spices.

Anything unusual?

Saipan featured in world news headlines earlier this year when WikiLeaks founder Julian Assange, who released classified US

documents alleging war crimes in Afghanistan and Syria, was flown from prison in the UK to Saipan (June 2024) to appear in court – a peace deal with the US had been negotiated – before being freed from custody 14 years after the files' publication. ■

'Know Thy Neighbour' is a column that puts the focus on countries near PNG or in the Pacific region.





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HOTEL REVIEW: SHERATON GRAND SYDNEY HYDE PARK

161 Elizabeth Street, Sydney. Tel. +61 2 9286 6000, see marriott.com

WHO STAYS? The five-star Sheraton Grand Sydney Hyde Park attracts a diverse array of guests, from business travellers seeking proximity to Sydney’s CBD to leisure travellers eager to explore the city’s premier attractions.

HOW BIG? 558 rooms and suites.

COST From PGK760 per night.

CHECK IN/CHECK OUT 3pm/11am

HIGHLIGHTS One of the stand-out features of the hotel is the exclusive Sheraton Club Lounge. Guests staying in Club rooms or suites enjoy complimentary breakfast, all-day refreshments, evening hors d’oeuvres, and a selection of beverages. The lounge also provides a private check-in and check-out service, ensuring a truly VIP experience.

NEARBY The hotel’s prime location overlooks the lush expanse of Hyde Park and places guests within walking distance of iconic landmarks such as the Sydney Opera House, Darling Harbour, and a myriad of world-class dining and shopping venues.

- Wi-Fi in rooms:
- TV:
- Air conditioning in room:
- Gym:
- Swimming pool:
- Room service:
- Free airport transfers:
- Hotel arranges tours:
- Business centre:
- Breakfast included for guests staying in Club rooms or suites (Sheraton Club Lounge access):



PICTURE: KATE WEBSTER

LOCATION

Situated in the heart of Sydney, the hotel is conveniently located near major public transportation hubs, making it easy for guests to navigate the city.

THE PLACE

It’s clear that the hotel exudes elegance and modern sophistication from the moment you step into the grandiose lobby. Facilities include a day spa, rooftop pool, 24-hour fitness centre, meeting and event spaces, and the Sheraton Club Lounge.

ROOMS

Expect to find all the trappings of a five-star hotel: flat-screen TVs with international channels, complimentary high-speed Wi-Fi, climate-controlled air conditioning, work desks with ergonomic chairs, marble bathrooms with rainfall showers, premium toiletries and well-stocked minibars. Classic City Side rooms provide a comfortable retreat with modern furnishings, plush bedding and large windows. Hyde Park View rooms offer the same luxurious amenities as the Classic rooms, with an added scenic backdrop. Grand Executive Terrace rooms have expansive living areas, king-size beds, and a private terrace with views of Hyde

Park. The suites provide separate living areas, enhanced amenities, and additional space for relaxation and entertainment.

FOOD AND DRINK

The Sydney Common is a newly opened woodfire grill restaurant and bar on the hotel’s first level. The bar area features a floor-to-ceiling window overlooking Hyde Park, ideal for evening drinks with a view of the city lights. The Conservatory Bar is perfect for a relaxed drink or a casual meal. Feast Restaurant is known for its lavish buffet spreads, including fresh seafood. In-room dining is available 24/7.

WHAT GUESTS LIKE

“Top-line guest experience and a premium location make this hotel stand out from its competitors in Sydney’s CBD.” – Conde Naste Traveller

“The room was spacious, clean and very comfortable. The breakfast was amazing with a wide variety of food. The service was warm and welcoming.” – TripAdvisor

“A worthy hotel option in the heart of Sydney, particularly if you choose an executive level room with Sheraton Club access.” – Executive Traveller



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HOTEL REVIEW: HOLIDAY INN EXPRESS PORT MORESBY

Islander Drive, Waigani, Port Moresby. Tel. +675 7373 2500, see ihg.com/papua-new-guinea

WHO STAYS? A haven for business travellers or those transiting through to Papua New Guinea's islands.

HOW BIG? 199 rooms.

COST From about PGK300 per night for a standard room with two single beds or a queen bed.

CHECK IN/CHECK OUT 2pm/11am

HIGHLIGHTS A 24-hour fitness centre for those who like to stay active on the road and an inviting outdoor pool.

NEARBY The Vision City Mega Mall is a short drive away. Business districts and government offices are also within easy reach, making it a prime location for corporate travellers.

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



LOCATION

The hotel is just a 15-minute drive from Jacksons International Airport, making arrivals and departures a breeze.

THE PLACE

Holiday Inn Express Port Moresby stands out for its blend of affordability, comfort and strategic location. The hotel's modern amenities, diverse room options and complimentary breakfast make it a top choice for both business and leisure travellers. There's complimentary high-speed Wi-Fi throughout the property and a well-equipped business centre. For added convenience, there's ample on-site parking, a self-service laundry area, and a 24-hour reception.

ROOMS

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TIME TRAVELLER

Golden days, 1988

Papua New Guinea’s first gold refinery, Metals Refining Operations Limited, known as MRO, was established in Waigani in 1988. With gold being such a precious commodity, the refinery was set up with a secure vault and a sophisticated security system. It was staffed by a small group of Papua New Guinean technicians and chemists. Its output was 99.99 per cent pure gold that was made into gold bars for export. Within Port Moresby, MRO sold pure gold and silver granules to jewellers, such as House of Gemini and Kara Jewellers, whose technicians would then mix metals together to create nine,14,18 or 22 carat gold for their decorative creations. The refinery closed in the late 1990s after a change in the company management, a restructure of the PNG Investment Corporation, one of the major shareholders, and a major robbery.



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BUCKETS OF LOVE

HOW A SIMPLE GESTURE IS HELPING REMOTE COMMUNITIES

Belinda Jackson reports how the donation of buckets to villagers is helping lives in remote communities.

What's a bucket mean to you? Something to use when washing the car or mopping the floor?

On the remote isles of Rein Bay in West New Britain, a bucket is a lifeline.

With no easy access to fresh water, every drop of water used for drinking and washing is collected from the islands' rivers, sometimes in cooking pots and drums.

It's a sight that caught the attention of Tiana Reimann, a sport fishing and cultural

guide for her family's company, Baia Sportfishing PNG. Based in Kimbe, the capital of West New Britain, Reimann sails regularly between these islands.

"I'd see people carrying water in saucepans and even old oil drums – who knows what chemicals are in those drums?" says the Kimbe local, who completed her high school and university education in Brisbane, Australia, before returning to help run the family's business, an hour's flight north-east of Port Moresby.





PICTURES: SUPPLIED BY TIANA REIMANN

Tiana Reimann distributing buckets to Baia villagers in West New Britain Province (above); a wheelchair donated to a villager on Sumalani Island in Kove (right).



That first memory of villagers walking for kilometres to fetch water in small or unclean vessels would stay with her until a chance encounter in Brisbane. Out of the blue, in 2015, she received a message from a grammar school, offering her 100 empty chlorine buckets used from its pool.

“Seeing the buckets stacked together, I realised they were perfect for the remote villages in PNG,” says Reimann. “That moment sparked the idea for ‘Bucket of Love.’” ➤

“
A single bucket can help up to 10 people with their daily livelihoods. I can never give enough.
”





Young women from the Witu Islands happily receive their buckets (above); Kapo Island depicts the isolated life of villagers in the Kove region (left).

She got the buckets onto a shipment going from Brisbane to Kimbe and delivered them to the village of Baia two months later, along with school uniforms, sport equipment and clothing from other schools.

"Now, they can wash the buckets, close the lids tight and keep fresh water clean, or protect food from such animals as pigs and rats," she says.

Over the past few years, Bucket of Love has sent more than 700 buckets out to the islands, thanks to the continued support of bucket donations from the Ballina Memorial Pool & Waterslide in northern NSW. It's a drop in the ocean; Reimann estimates a need for up to 500 buckets on one island at any time, but helping one person is just as important as helping many.

"We were always taught by our parents that if you have the ability to help, you help. It's as simple as that. And a single bucket can help up to 10 people with their daily

livelihoods. I can never give enough. "There are a lot of people who want to help, but don't know how to do it," she adds.

Shipping is the biggest expense, but Reimann has been supported by Kimbe Bay Shipping Agencies and Malama Enterprises, which ship regularly to Kimbe and allow her to add her donations to their containers, at no cost.

"And if I didn't have this job (with Baia Sportfishing), it would be very difficult to reach these communities – fuel is expensive, but I plan trips around the communities we anchor close to," says Reimann, who is also a licensed boat captain. "We'll visit the community to donate the items and discuss everyday challenges they face."

Aside from buckets, she has sourced and donated wheelchairs, educational supplies, sports equipment and even solar lighting. Most recently, she delivered school uniforms donated by her old school in Brisbane,

Somerville House, to the village of Gilinit, located in the Itni River in the far west of West New Britain.

And Bucket of Love is not Reimann's only project – her website, Zambilla & Co, and several Australian stockists sell bright tasselled earrings hand made by local women, which provides an exercise book and writing utensils to a PNG student for every pair of earrings purchased. And at the end of the year any extra profits go into a project – anything from buying a photocopier for a school to a bush composting toilet.

"I design the colour combinations from my photography of the fauna and flora of PNG and send them to the local artisans to bring them to life," says Reimann.

Her website also sells dresses, scarves, pillows and other textiles designed by her mother, the renowned artist Nathalie Le Riche, while her sister, based in Australia, is the founder of Remarkable Bags, which ►



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are made by local artisans in Bali. All profits are sent to a charity of choice.

Reimann and her family are again pooling their expertise to create PNG's first glamping venture, in the forests of the Nakanai Mountains in New Britain.

The camp is accessible only by helicopter, flying over lava belts, volcanic mountains, pristine rivers and the 510-metre Minye Sinkhole – the deepest sinkhole in the southern hemisphere. "It's going to be the most incredible destination and adventure PNG has to offer, a bucket-list item for sure," she promises.

"Through our sport fishing ventures, we've been doing positive tourism for 23 years now," she explains. "We do micro-tourism – small, low-impact tourism that brings in local income and benefits through donations from tourists.

"PNG is remote and therefore expensive to visit, but it's one of the most diverse and untouched places in the world," Reimann says.



Tiana Reimann going upriver with donations of uniforms and sporting goods from Australian school Somerville House (left).

"Its raw authenticity has incredible potential to become one of PNG's major exports."

Never content to sit still, she's already working on her next project, helping the amputee disability community in the Kove islands, supplying artificial limbs and crutches to those who have suffered amputation because of diabetes.

But Reimann retains a modesty about her actions. "When people ask me what I do, I say I collect buckets for remote villages," she says.

"The humble bucket is an essential tool to these remote communities, and it positively impacts their lives in ways you can't imagine." ■

To find out more, see zambilla.com/bucketoflove.



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A conch shell calls across the land; chants from the highlands of Madang Province follow. “One people, one soul, one destiny,” sings the Sorong Samarai band, a musical coalition of artists from across the island of Papua, which is currently split between Papua New Guinea and Indonesia.

From the far west in Sorong in West Papua, to Samarai Island in Milne Bay Province in the far east, the band travelled for three months, collecting sound and film to make what is now the signature track on a new album. Called *Sorong Samarai*, the song and the album are spearheaded by PNG-Australian musician, drummer and music producer Airileke Ingram.

The album has been 10 years in the making, says Airileke, whose mother is from Gabagaba village, an hour out of Port Moresby.

AIRILEKE

A NEW ALBUM, ACTIVISM AND THE UNIQUE SOUNDS OF PNG

A PNG-Australian music powerhouse blends new styles with traditional instruments and powerful social themes, writes *Belinda Jackson*.



PICTURE: CLAUDIA SANGIORGI DALIMORE



The Sorong Samarai band (above); Airileke Ingram (above right); tifa drums from Biak West Papua are part of the band's sound (below).

PICTURE: ONE REBEL CREATIVE



PICTURE: SAI GALAXY



Based in his father's homeland, in Queensland, Australia, on Gabbi Gabbi country on Queensland's Sunshine Coast, Airileke runs record label, music publishing and music production company Gaba Musik with his partner Deline Briscoe.

Gaba Musik is also a merging of cultures: in Motu, Airileke's family's language, *gaba* means 'drum'; in Gugu-Yalanji, Deline's language from the rainforests of northern Australia, it means 'rain'.

Airileke is a powerhouse for PNG and Australian First Nations music. Since 2021, Gaba Musik has produced *Blaktivism*, bringing activist music from the Pacific region – including PNG and West Papua – to Australian stages. Deline is the musical production's artistic director, and Airileke's Sorong Samarai band will provide the backing for the next production, in Melbourne in November.

Gaba Musik also produces *Pasifix*, a festival for contemporary Pacific Island music, supported by Australia's Department of Foreign Affairs and Trade. Born during the COVID-19 pandemic, the original idea was to bring musicians from the motherlands to Australia, says Airileke. "But due to the border closures, I had to curate from islanders living within Australia, and I found incredible talent I didn't know was living here."

The biennial concert is coming up to its third production in 2025, with plans to next take place at Melbourne's Sidney Myer

Music Bowl. Airileke plans to take *Pasifix* touring from Melbourne to Brisbane and Port Moresby, with the 50th anniversary of PNG's independence key in its plans. "I want it to become a flagship event, to create a two-way conversation between Australia and PNG, sharing PNG's rich culture with Australians," he says.

"PNG music does not necessarily have the commercial pull as, say New Zealand or Polynesian reggae – it does need to be subsidised, but we're trying to put more value on indigenous knowledge and indigenous culture, and share that rich culture that PNG has."



Some of the most beautiful music comes from the hardest, roughest places – South Africa during the apartheid era, blues music from Black USA, the music that comes out of West Papua, says Airileke. "Because of the oppression, songwriters have to be more poetic in how they speak about it and get the word out. I see a whole other genre emerging from Port Moresby, which is a really urban, loosely hip-hop style of music."

In this interview with *Paradise*, he dubs it *naka* beat, a cut-down of the word *kanaka*, used to describe workers taken from the South Pacific islands, and used for labouring in the British colonies, also known as blackbirding. ►

PICTURE: CLAUDIA SANGIORGI DALIMORE



Airileke Ingram on kit in Vanuatu (above); Sprigga Mek who released an award-winning album last year (left).

“It was a derogatory word, now, *naka* is like the word ‘mate’ among these young rappers.”

He also says they’re the first generation to identify as being from the city. “Before that, my generation or my mum’s generation, everyone that lived in Moresby was from somewhere else in the country. And now we have a third generation, born in the settlements, and that’s all they know.”

And they’re fiercely political. “They’re talking about corruption, the pressure of the high cost of living, the minimum wage. They’re not stupid, they see what’s going on.”

Two artists to watch are Sprigga Mek (aka Allan Aufamau), whose debut album, *Kanaka Messenjäh* (produced by Airileke and Stephen Maxwell) won Album of the Year at the 2023 PNG music awards, and DeSiz (aka Tim Masil).

They’re creating their music on laptops, making their own music clips, often sitting on the floor in a spare room – a far cry from lavish music producers’ usual studios.

“Sprigga is from Motu village of Hanuabada and Mekeo, outside Port Moresby, and he was one of the first musicians to catch *naka beat*, singing about rioting, corruption, issues affecting urban people and kids from the ghetto,” says Airileke. He’s performed at the world music festival WOMAD, in Adelaide and the Sydney Opera House in Australia, in Fiji, Vanuatu, and the US. “And DeSiz is the next kid coming up, he’s about to go gangbusters.”

Add to that list RnB singer Mereani Masani, whose songs might touch on love, teen pregnancy and, in her single, *No More*, the scourge of domestic violence – themes universal to the country.

“As a producer, I encourage artists to be conscious and speak out,” says Airileke. “And if you’re a rapper coming from the settlements of Port Moresby, you’ve nothing to lose. So, you have real freedom of expression.”

His other challenge is to make the music speak as the lyrics do, with a PNG identity.

Instead of taking sample beats from the internet, Airileke uses PNG’s traditional, distinctive *kundu* (drums) in production, bringing the *kwakumba* flute of Chimbu Province into *Genamari*, Sorong Samarai’s ➤

“

I see a whole genre emerging from Port Moresby, which is a really urban, loosely hip-hop style of music.

”





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.

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newest single, composed by singer-songwriter and multi-instrumentalist Richard Mogu, who is originally from Milne Bay Province.

“Of course, we’re all subject to dominant culture, especially Black American culture, but owning that and doing it in our own way is really respected by other Papua New Guineans.”

He and Sprigga are currently working on a track in 22 languages, one from every one of PNG’s provinces. “I really encourage the young artists to reach to their culture, because it’s unique. The rappers are pushing the culture. That’s their power.”



Back to his new album, Airileke started working on the title in 2016, in his Melbourne studio with West Papuan independence leader Benny Wenda, who shared some *wisisi* music from his village.

Sorong Samarai performing at BLAKTIVISM at Melbourne’s Hamer Hall in 2023 (right).

“It was just the most incredible sound I’d heard in a long time,” says Airileke. “I wrote the lyrics and the song right there and started layering it with the sound I’d recorded from our travels in West Papua and PNG in 2014.”

Kwa kumba flutes added the spirit of Highlands PNG, pairing with the trance-like *wisisi* music from West Papua’s highlands, Manus Island’s *garamut* drums and traditional songs from the West Papuan island of Biak are all woven into the signature track.

There’s a geographic and cultural connection across the island of Papua, a



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songline that runs through the latitudes and the similarity of terrains. It's the feeling of connectivity – often lost between the two sides of the island – from Sorong to Samarai.

“Some of that isolation was geographic, some of it was political. But music and social media have no borders – there are not many other art forms that can do that, that can transcend isolation. That’s what the band Sorong Samarai is about.

“PNG is the most linguistically diverse place on Earth, and every language represents culture,” says Airileke. “I think a beautiful thing about the country is the language.

“This is the new sound for PNG.” ■

BLAKTIVISM takes place at the Arts Centre Melbourne on November 22, 2024, [artscentremelbourne.com.au](https://www.artscentremelbourne.com.au). The Sorong Samarai album is available through Gaba Musik, <https://www.facebook.com/gabamusikofficial/>.



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LIGHTS, CAMERA AND ACTION

Prolific filmmaker Spencer Peter Wangare is on a mission to inject some verve into PNG's film industry. He speaks to *Mary Tao* about the industry and his latest movie, *Black Python*.

Q: What is *Black Python* about?

A: It's about the *raskols* – urban street gangs and drug dealers – with connections to higher authorities, who use underprivileged youth as scapegoats. The film is an action crime drama with themes of corruption, betrayal, love and justice. For me, as a filmmaker, if you are a corrupt policeman, drug dealer or boss of a drug operation, at the end (of the film) you end up behind bars or dead. Every bad person must face justice in the end.

Q. What is your role in *Black Python*?

A: I wear many hats in this film: writer, executive producer, producer, director, cinematographer and editor. Since there is no established film industry in PNG and not enough specialised people, I have had to take on multiple key roles.

Q: Who wrote the script?

A: Joseph Solien initially wrote the script for a radio play with more dialogue. Gloria Matias reviewed and rewrote the entire script for filming.

Q: Who are the leads in the cast?

A: Balem Asekim plays Badu, Joylene Tanfa plays Nina, Jeremiah Hauka plays John, Jamuga Stone plays Master and David Kaumara plays Big Boss.

Q: How was the film funded?

A: The pre-production was self-funded. The National Cultural Commission Youth Desk and I spent more than PGK130,000 on the film. Making a 105-minute movie like *Black Python* is very expensive, involving many crew members, logistics for a four-month shooting period, visual effects work,

PICTURE: LENNOX MATAINAHO



“

Filmmaking is my passion. I was inspired by the movies I grew up watching at the *piksa haus* (picture house) in my village.

”



editing, sound design, music score, colour grading and much more. For production, Governor Powes Parkop funded PGK50,000 under his Public Sector Investment Program. The National Cultural Commission, under the leadership of executive director Steven Kilanda, funded PGK20,000 for post-production. The entire film was shot in Port Moresby, promoting our amazing city as a shooting location.

Q: Where and when can we watch *Black Python*?

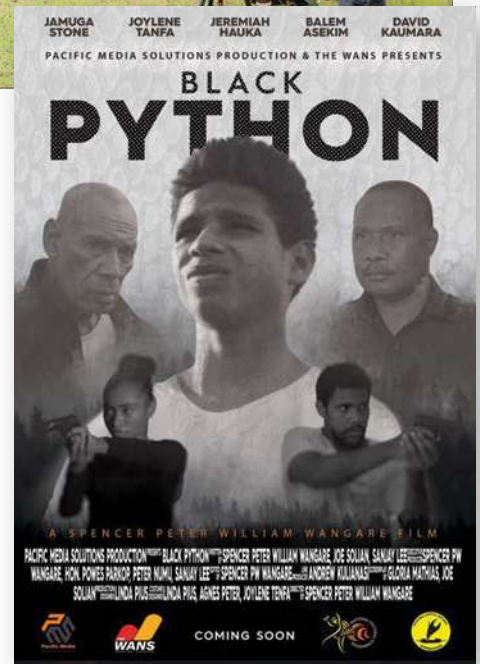
A: The first international screening was in Honolulu during the Festival of Pacific Arts and Culture (FestPAC) in June. Even though the film was only 85 per cent complete, it received positive feedback from professionals and filmmakers from the Pacific, including Australia and New Zealand, during a panel discussion. After post-production, we will release the film to festivals worldwide. The movie has already been accepted by the Hawaii International Film Festival (October 2–13) and the Solomon Islands’ Native Lens Film Festival (October 29–31).

Q: What do you think about the state of moviemaking in PNG?

A: The film industry in PNG has been dormant for some time but it’s now picking up. Last year I worked hard and pushed the government to include a film program in the Medium-Term Development Plan IV 2023–2027. The government listened and has allocated an annual budget of PGK20 million to the National Film and Creative Arts Development program. The funding starts next year.

Q: What other film projects are you working on?

A: I’m working as an executive producer and producer on *Jungle of Ghosts*, directed by Charlie Hill-Smith; on the second instalment of *Lukim Yu* (See You), titled *Lukim Yu Bihain* (See You Later), which will be directed by Canadian filmmaker Chris Anderson; as executive producer for *Tatini*, which will be directed by Richard Seargent; and producing a TV show titled *Haus Blo Paradise* (Home in Paradise),



Filmmaker Spencer Peter Wangare (opposite); shooting a scene in Port Moresby for *Black Python* (top); cast and crew (left); the poster for the 105-minute movie, which drew critical acclaim at its debut international screening in Honolulu.

which will be written and directed by Alana Hicks. Finally, I am working on two feature documentaries leading up to the 50th PNG Independence anniversary.

Q: How did you get into filmmaking?

A: Filmmaking is my passion. I was inspired by the movies I grew up watching at the *piksa haus* (picture house) in my village. I started learning about filmmaking while studying science foundation at the Pacific

Adventist University. I later studied at the medical faculty and continued teaching myself filmmaking. I learned scriptwriting, directing, cinematography, editing on different types of software and visual effects animation. After I graduated, I worked for three years as a clinical pharmacologist, and then (with the money saved from work) I bought my video cameras and other equipment and built a studio. ■



THE PROFESSOR AND THE LOST TRIBES

Richard Andrews meets a professor who is trying to solve an ancient mystery. His search for answers has led him to PNG's Western District.

Has Dr Tudor Parfitt solved a mystery that dates back to the days of the Old Testament? The British professor of religious studies has studied a Western Province community that identifies as one of the 10 Lost Tribes exiled from the Kingdom of Israel about 2800 years ago.

"The Gogodala keep a form of Jewish culture, celebrate Jewish holidays and wear yarmulkes and prayer shawls," says Parfitt. "Some members are seeking a return to Israel."

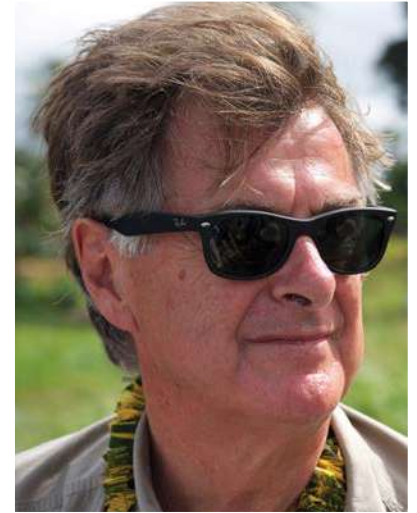
Based at Florida International University in the US, Parfitt has led research groups to villages around Western District's Balimo region and maintained contact with the Gogodala since 2003.

The story started when a community member knocked on Parfitt's hotel door when he was in Sydney for a lecture about his work.

Parfitt was presented with a big hat containing dozens of hairs plucked from the heads of Gogodala members. He was asked to arrange DNA testing to prove their Jewish origins.

"Genetic connection was never very likely, but the idea was irresistible and inspired three research trips to Balimo," he says.

It's a classic project for the widely publicised professor, dubbed the 'British Indiana Jones'. Like the Hollywood movie hero, Parfitt is known for his adventurous expeditions around the world as he delves into Old Testament legends, while avoiding snakes at all cost. He's been beaten up by angry witch doctors, escaped drowning and downed shots of questionable jungle alcohol in village parties.

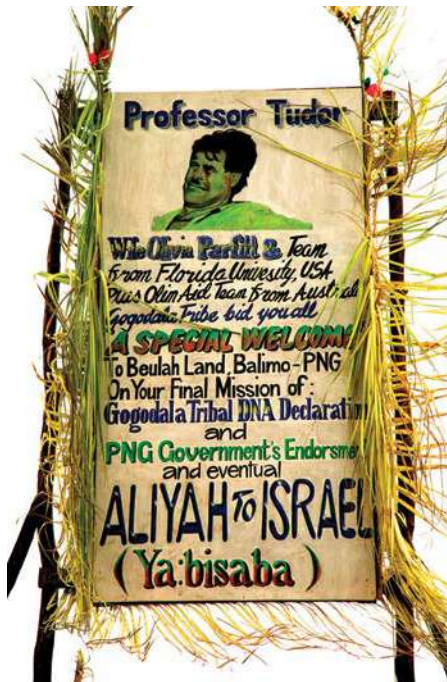


PICTURES: TIM LONG/FLORIDA INTERNATIONAL UNIVERSITY





Dr Tudor Parfitt at a Gogodala village in the Western Province (opposite and inset); a welcoming ceremony for Dr Tudor Parfitt's group (above); a Gogodala girl in Jewish headscarf (below); a sign that endorses the Gogodala call for an eventual return to the Holy Land.



“

Like the Hollywood movie hero Indiana Jones, the professor is known for his adventurous expeditions around the world as he delves into Old Testament legends.

”

The author of more than 30 academically respected books, Parfitt has also written about the search for the Ark of the Covenant: a revered religious artifact with supposed supernatural powers and the focus of the first Indiana Jones movie.

“The Gogodala claimed the Ark was located in a lagoon close to their village, with reported sightings of fire and smoke belching out of it,” says Parfitt.

“We took their narrative at face value, which you should always do, and called in some Australian divers. The Ark wasn't there, but the locals were convinced we hadn't tried hard enough.”

Another disappointment came when genetic tests returned with inconclusive results about any trace of Jewish origin in Gogodala DNA.

“It was a slightly anxious experience to break the news to a heavily armed group gathered in the village,” says Parfitt. “The results were not exactly what they wanted to hear.”

Nevertheless, the community maintained belief in their Lost Tribe origins.

Parfitt included two New York rabbis in one research team, who explained what was involved if the Gogodala wanted to practise Judaism. Parfitt explained that they formed part of a worldwide community of millions of people who have adopted the Jewish religion and identity.

Early European explorers, such as William Dampier, also thought they found descendants of the Ten Tribes of Israel in New Guinea and other Pacific islands.

According to one theory, many Jews travelled to Peru when they were expelled from Spain and Portugal during the Inquisition in the 15th and 16th centuries. When the Inquisition followed them, some fled to Japan and then Pacific islands, where they intermarried with locals.

Parfitt plans to visit West Papua, which has groups that claim links to Jews who escaped the Inquisition in Peru during the 16th to 19th centuries.

However, Parfitt attributes the adoption of Judaism by the Gogodala, in part, to the influence of missionaries.

“The Gogodala had a traditional belief system called Aida, which had a few similarities to Judaism,” he says. “As a ➤



result, various missionaries thought they must be a Lost Tribe, told them to reach out to Israel and start practising some kind of Judaism – while believing in Jesus.”


“In some cases, creating excitement that the Gogodala were Children of Israel was also a way of raising support for missions in PNG.”


Parfitt is writing a book about the worldwide phenomenon of emerging Jewish communities wanting to return to the Holy Land for religious or economic reasons.

“I’ve told Israel they should take at least half a dozen Gogodala to improve their national rugby team and make it to the World Cup,” he says. “They’re fabulously good and convincingly defeated some university players we took there for an epic game on a muddy field.” ■



Gogodala villagers playing a game of rugby. “They are fabulously good,” says Dr Tudor Parfitt.





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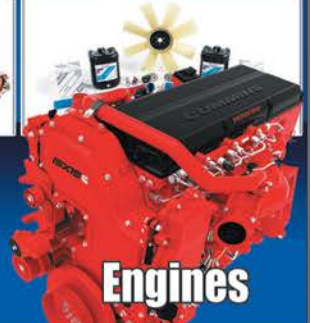
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LEADING THE CHARGE

With the recent launch of Niugini Automobiles, PNG is ready to take the leap into the world of electric vehicles. *Paul Chai reports.*

With challenging road infrastructure and power supply issues, electric vehicles (EVs) might not seem a natural fit for Papua New Guinea, but one company is betting that the country is ready to move into a more carbon-neutral future.

Niugini Automobiles recently opened its head office in Port Moresby with the aim of importing electric vehicles from Chinese-owned SAIC Motors, MG and Maxus.

Managing Director, Leon Shi, says the company plans to help the PNG government towards its stated aim of converting 50 per cent of its fleet to EVs by 2030.

"We have had EVs in the country since January," says Shi. "We have an MG ZS that has been driving out into Central Province every day since January. There are some terrible potholes on that road and that car has been doing absolutely fine."

Another concern for EVs in PNG is the uncertainty of the power grid.

"There were concerns over the effect of the power surges," says Shi. "But we have not had any problems so far. We have been ➤



The MG is among the electric car brands coming to PNG.

“

The reality is these cars have a range of 450 kilometres and the average driver in Port Moresby does 15 kilometres a day.

”



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speaking to major shopping centres and other landlords about installing solar-based power chargers, but the reality is these cars have a range of 450 kilometres and the average driver in Port Moresby does 15 kilometres a day.

“So, you can just plug the car into your standard 240-volt socket at home at night or in the office during the day.”

Shi says that one of the biggest hurdles to embracing EVs has been the lack of knowledge about them.

“

There are many PNG companies ready to embrace the technology.

”

He welcomes the government’s working committee that is working to spread the word on EVs and combat some of the negativity.

“When I first tested EVs I was not convinced but they have come such a long way,” says Shi. “A lot of the difficulty in having EVs embraced by people in PNG is the unknown.”

The Niugini Automobiles head office in Synergy Business Park is helping dispel some myths. They are also looking at setting up a location in Lae, and interest from corporates is also helping the cause.

There are many PNG companies ready to embrace the new technology, Shi says.



Maxus eT60 electric utes are in high demand according to Niugini Automobiles.

As *Paradise* was going to press, the first Maxus eT60 utes were due to arrive in the country and Shi says there is quite a demand for them.

A number of corporate companies in PNG have already made inquiries to replace their fleets, he says.

“We are also getting the Maxus MIFA 9 people carrier and there is a lot of interest

from the hotel chains for that.”

Shi notes that in addition to greatly reducing carbon footprint, the operational and servicing costs are greatly reduced with EVs.

Electric cars do not have clutches, gearboxes and oil filters that constantly require replacement in the challenging PNG environment. ■

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WELLNESS

As if travelling doesn't make getting a good sleep hard enough, studies show a significant number of people struggle with at least one negative sleep symptom in general – everything from trouble falling asleep to simply staying asleep.

The issue is, we all need good sleep. But as leading sleep scientist Dr Sophie Bostock points out, we weren't taught the principles of good sleep at school. And that's a shame. "Sleep makes us feel good, helps us learn, improves concentration, helps us manage our weight, gives us greater self-control, reduces risk of ill health and is completely free," Dr Bostock says.

With these thoughts in mind, here are some strategies for waking up refreshed.



Lighten up: Get as much light as possible the moment you wake. Light banishes the sleep hormone melatonin and activates the body's cortisol awakening response.

Move: The earlier in the day you move/exercise the more likely you will fall sleep at a reasonable hour.

Eat early: Eat at least three hours prior to bedtime. Evening meals with plenty of olive oil, healthy fats and vegetables have been scientifically proven to foster better sleep, too.

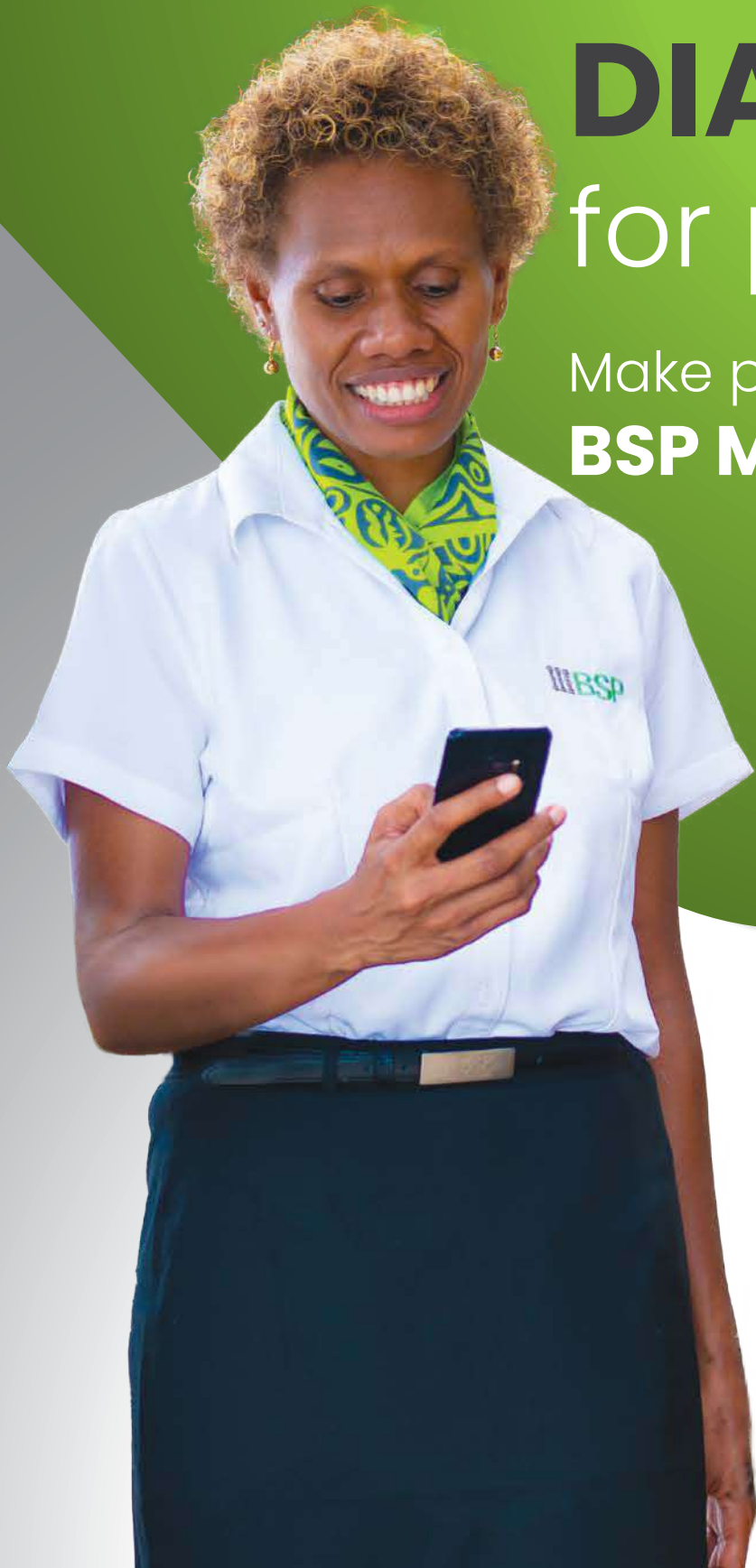
Build a routine: Dr Bostock explains that waking up at the same time every day – including weekends – sets you up for excellent rest in the long run. So, turn lights on and off around the same time each day, eat and shower at the same time, and so on. ■

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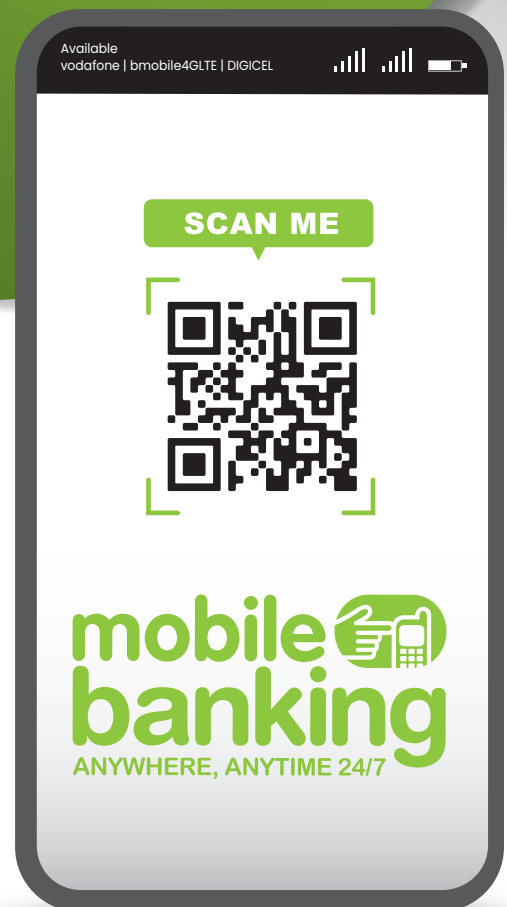
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ALIBI BAR & GRILL, PORT MORESBY REVIEW

I knew the food was going to be good at Alibi before I even ate there.

How? Because so many people had told me so. Since opening in 2020, the hip Harbourside bar and grill has gained a formidable reputation around town.

What surprised me, however, was how good the entire experience was.

It's famous for its steaks and, helpfully, various cuts of meats are neatly displayed in a chilled cabinet so you can pick exactly what you want. You then choose two sides, ranging from chips to steamed vegetables (recommended), and one sauce.

I opted for the 250-gram eye fillet (PGK115) with peppercorn sauce and, as I tasted it, made a mental note that all those glowing word-of-mouth reviews were indeed accurate.

Steaks aside, the menu has a wide variety of other dishes including burgers, seafood and pasta, including some vegetarian options. I must confess that when I saw they had



WHERE:

Harbourside, Port Moresby

PHONE:

7320 7777

EMAIL:

alibipng@gmail.com

: AlibiPNG

OPEN:

Daily, from 11am.

STYLE:

Bar and grill.

PRICE:

Main courses from PGK40, steaks from PGK105 (includes two sides)

OUR FAVOURITE DISH:

Eye fillet with peppercorn sauce.

IN A PHRASE:

Great experience all round.

SP Export on tap I didn't bother looking at the drinks list.

With its superb waterside location and cool-but-classy ambience, Alibi has everything going for it, but the service was what really stood out for me – friendly, informed and efficient. ■

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WINE GURU

Q: What is the best type of wine to drink in the tropics?

A: There is always a lot of talk in wine circles about what climate is best to *grow* grapes, but wine lovers in Papua New Guinea need to know what sort of wines drink best in a tropical climate.

Hot weather generally has people thinking of ice cold beers or a shaken cocktail, but for wine drinkers who live in warmer climates there are some things to consider.

Try wines that are lower in alcohol. If you are drinking outside in warmer weather, you are likely to dehydrate faster, and high-alcohol wines – above 14 per cent ABV – will speed this process up. The higher alcohol can also become more prominent in hotter weather and can taste unpleasant.

Chill your reds and keep the tannins low. Heavy tannins feel like they dry your mouth out, even in cooler temperatures, so in the heat they can seem very drying. Bitter tannins also come to prominence in the heat, so can overwhelm the flavours and aromas.



Good reds to drink in the tropics are pinot noir, gamay or grenache.

Pick whites that are higher in acidity. Acidity in wine is always a careful balance but if a wine is too low in acids it can feel dull or flat on the palate. In the heat, white wine needs a strong acid profile, so it feels fresh and lively.

White wine drinkers should also avoid anything too heavily oaked. The best white wines for a tropical tippie are cool-climate sauvignon blancs, Albariño or Chablis.

When it comes to rosé, look for more aromatic styles from the south of France.

Drinkers in hot places have been known to pop an ice cube in their glasses to keep their wine cool and, while wine buffs consider this a faux pas, if it makes you happy go for it. A better way may simply be to keep your bottles on ice or in the fridge. ■

Do you have a wine question? Email us at paradise@businessadvantageinternational.com.

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NEW SHOPS OPEN AT HARBOURSIDE SOUTH

Mary Tao explores the latest retail precinct to open in Port Moresby, where you can get everything from trending fashion to local crafts and freshly made smoothies.

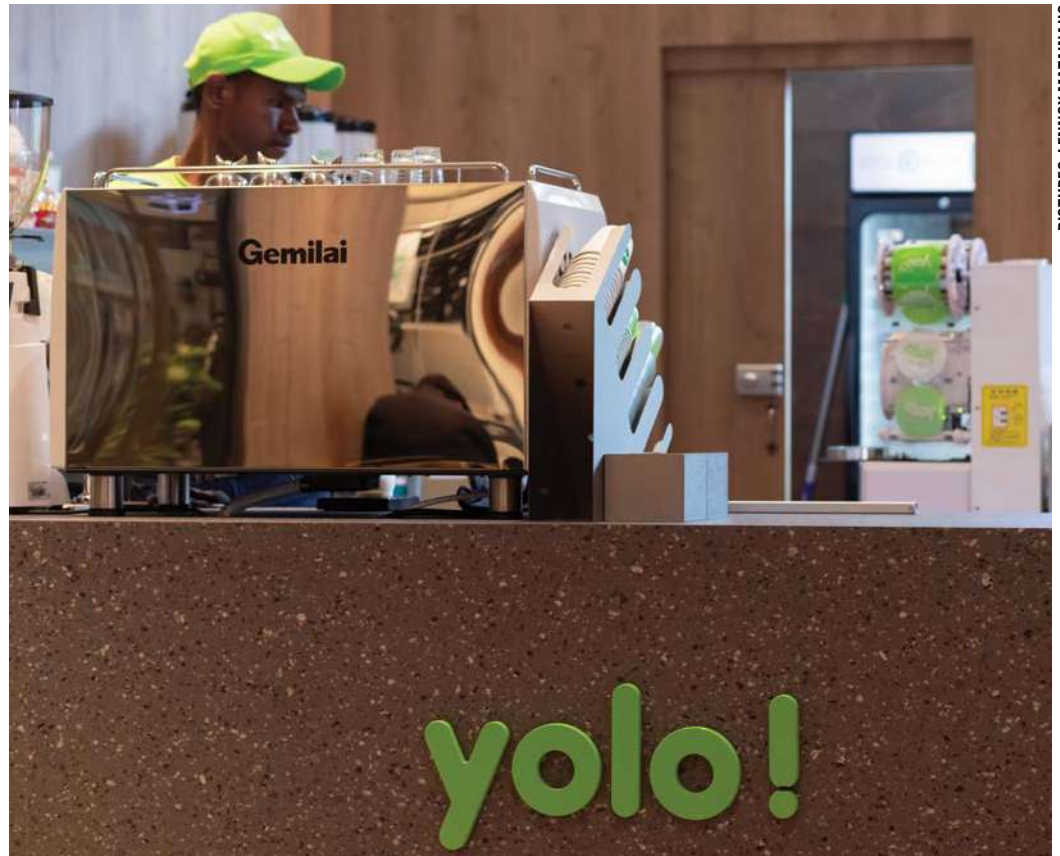
Harbourside South on the Stanley Esplanade has delivered its promise of creating a full-service building providing amenities for living, work and leisure since its grand opening in March.

Part of that has been its retail floor, with 13 shops on the ground level, which can be accessed from Champion Parade or Harbourside West via the skywalk.

Open from 8am to 9pm, the retail floor not only serves the residents of the Marriott Executive Apartments, who occupy the top half of Harbourside South, but has drawn the surrounding corporate crowd during the working week.

For tech devices, CHM Tech Haus, Honor and Vodafone have got you covered. For hair and

Open for business in Harbourside South are Yolo! (top); Glow Boutique (right and far right); and Kuro Haus (opposite).



PICTURES: LENNOX MATAINA HO





beauty, there's Bossman Barber and Beaut'e Republic (under Trends Beauty International) for a day of pampering. Mononga and Glow Boutique sell *bilums*, crafts from local artisans and clothing that all make perfect Christmas gift ideas. Hauslain Box Retail stocks quality leather brands such as R.M. Williams, Blundstone and Rossi Boots.

“

Kuro Haus, the city's newest Japanese restaurant, brings in a lunch and dinner crowd daily.

”

A popular spot on the floor is Yolo!, a bubble tea shop that makes boba fruit and milk tea. They also make yoghurt and sour cream smoothies as well as ice blended drinks – all freshly made from local ingredients. Yolo! drinks were originally served at Alibi Bar & Grill at Harbourside West.

“Operations-wise, it's been a good move for us seeing as the new place has a much bigger space than the one we have at Alibi. It has been quite a good and big step for the brand,” says marketing supervisor Mauri Moses.

The mango yoghurt and pineapple yoghurt smoothies are customer favourites. You can also grab your morning coffee or have a quick bite – desserts, sandwiches and fruit are available.

Kuro Haus, the city's newest Japanese restaurant, brings in a lunch and dinner crowd daily. Kuro's extensive menu includes sushi options, *donburi* (rice bowls), teppanyaki dishes and *sake* (rice wine). The takeaway section at the front is called Sushi Supreme.

“Most (customers) are happy because it's their first taste of authentic Japanese cuisine, especially of *maki* (sushi) and ramen,” says restaurant manager Ruby Dianne Justo.

Justo adds that for Japanese customers, the dining experience has been a comforting reminder of home because of its interior design and interaction with servers, who have all learned Japanese greetings.

To get the best of what Papua New Guinean fashion, art and beauty have to offer, Glow Boutique is worth a visit. Find labels like Barata, Pacificana, Kuti Sox, Wiska, PNG Fashion International and Oshin Organics.

“The aim for our shop is to support local. It's good to give back to our people,” said Kimberly Bernard, a representative from the boutique. ■

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Mouth taping is said to help perfect breathing and has drawn fans among actors like Gwyneth Paltrow as well as a host of elite athletes. So, if you find it hard to sleep on a plane, or even generally, these nifty little sleep strips and nose strips from Respire could be what you need. This is because they help you inhale through your nose, engaging your body in diaphragmatic breathing, which promotes deeper more restful sleep, reducing stress and filtering out harmful allergens and pollutants at the same time. PGK202; au.respire.com.



Perfect picnic bag

The Annabel Trend range of picnic cooler bags has introduced the Tall Barrel (33cm x 20cm) to fit taller bottles and other lengthy items. It's fully insulated and extra versatile with a barrel shape for simple storage of food and drinks for any outdoor feast. The adjustable shoulder strap makes the cooler bag easy to carry while the aluminium foil and polyethylene foam lining is easy to wipe clean with a damp cloth. PGK45; annabeltrends.com.



Adapt anywhere, anytime

Among the sea of travel adapters this one from LENCENT rises to the top. Why? Versatility: it is compatible with the charging systems in well over 200 countries, can charge up to six devices simultaneously and is fast thanks to its 65W GaN (gallium nitride) Fast Charging Technology, which is about three times as efficient as your regular charger in converting power to electricity. The LENCENT travel adaptor is also light and comes with approved safety features. PGK124; lencentadapter.com or amazon.com.



Secure your travel bags

The nifty Cincha Travel Belt secures those items you like to balance on your large roller-bag – think laptops or last-minute duty-free purchases. The belt goes around the extendable handle on the roller bag, effectively stopping items toppling onto airport floors. Stylish and sturdy, the belt has a strong metal buckle, comes in a range of colours, and can be monogrammed for a personal touch. PGK247; Travel Belt – Jet – Cincha Travel.





Beat those mosquitoes

Merely the push of a button activates the mosquito-eradicating function contained within the E55 Rechargeable Mosquito Repeller. This attractive little gadget emits an unscented liquid repellent across 28 square metres, effectively keeping the insects away for up to 12 hours. (40-hour repellent cartridge refills are also sold separately). A 5.5-hour battery plus the 12-hour mosquito repellent is included with purchase. Audio cues and LEDs alert the user to how much protection and life remains in the rechargeable lithium-ion battery. PGK217; thermacellrepellents.com.au.



Top mug

The Rambler 30-ounce (887 millilitre) tumbler by Yeti can keep beverages hot or cold for hours on end thanks to double-walled insulation, plus it is shaped to fit in most cup-holders. This tumbler is also dishwasher proof and comes with a handy magnetised lid that adds another protective barrier against escaping heat or cold. PGK111; optional handle PGK13; yeti.com.

Cactus bag a winner for the environment

The Cactus Leather Sling Bag is a take on the bestselling bag from popular international brand Everlane, remade with organically sourced prickly pear cactus. The trademarked Desserto textile is Everlane's first plant-based material to be used as a leather alternative. Cactus was chosen for its superior ability to sequester carbon, the fact it requires zero irrigation, and that its cultivation naturally regenerates soil. In the ultimate about-face to regular leather, 50 per cent of the by-product is used to feed cattle. Want more pluses? It's manufactured without any toxic chemicals. PGK352; everlane.com.



Weather weapon

These colourful windproof travel umbrellas are so sturdy they come with a lifetime guarantee. This version has an automatic open/close button, and its Teflon coating repels water. PGK115; repelumbrella.com.



Cool brew

A cold hit of caffeine on a hot day is often just the ticket to keep you going. So, if you love cold brew coffee but aren't crazy about the fuss involved, try the OXO Good Grips 32-ounce Cold Brew Coffee Maker. This gadget simplifies the process of making superior cold brew to deliver a smooth, low-acid coffee concentrate into your cup. Just add grounds and water to the coffee maker, then steep overnight. The result? Coffee concentrate at the flip of a switch. The coffee maker comes apart for cleaning and nests nicely when not in use. It can also brew tea, and optional paper filters are also available for an extra layer of filtration. PGK225; amazon.com.



SCIENCE

Voyagers: Our Journey into the Anthropocene**By Lauren Fuge | Text Publishing**

Award-winning writer and science communicator Fuge is a self-described wanderer. Her thirst for travel and adventure has taken her to every corner of the Pacific Islands, Australia, Canada and Norway. And in this, her first book, she takes us on a journey to these and many other places to explore humanity's drive for exploration and question the role travellers have played in shaping today's world.

Her mission is not only to understand her passion for travel and the root of humanity's desire for exploration (and expansion), but to reroute the legacy of these journeys from one of destruction, colonisation and climate change to one of re-discovery so that we can reimagine our planet's future.

After all, as she says, "what happens to the land happens to the people, and what happens to the people happens to the land."

INVESTIGATIVE JOURNALISM

The Chinese Phantom: The Hunt for the World's Most Dangerous Arms Dealer**By Christoph Giesen, Philipp Grüll, Frederik Obermaier, Bastian Obermayer | Scribe Publications**

Pulitzer Prize-winning writers Obermaier and Obermayer, the journalists who received the Panama Papers leak and helped initiate the investigation, join forces again to find one of the world's most wanted men: Karl Lee, also known as Li Fangwei or the Chinese Phantom.

Lee has been on the FBI's most-wanted list since 2014 (there's a US\$5 million bounty on his head) because of his alleged procurement of mass-destruction weapons to countries including Iran and Russia.

But because of vast operation networks and seemingly untraceable route deliveries, the two journalists and their co-authors, German reporters Grüll and Giese come across hidden activities and walls of silence from business executives and governments alike.

They also discover arms-smuggling routes that could lead them to Lee. This is journalism at its best, but also a great spy read.

BUSINESS

How to Lead Nonprofits: Turning Purpose into Impact to Change the World**By Nick Grono | Penguin Random House**

Non-profit leader and Freedom Fund CEO Grono explains how to leverage what he suggests are the three foundational components every not-for-profit organisation must have: purpose, people, and partners.

Grono explains not-for-profits can't run like a regular business and suggests that without a clear purpose the success and impact of such organisations is not possible.

Through the application of real-life examples, testimonials and an easy-to-understand framework, he urges all leaders to place the people and communities they serve first to be able to establish long-lasting relationships with an evolving and fatigued workforce and stakeholders. This book is a guide to thrive in a space that aims to change lives and create real change.

FICTION

Here One Moment**By Liane Moriarty | Pan Macmillan****(Also available as audiobook)**

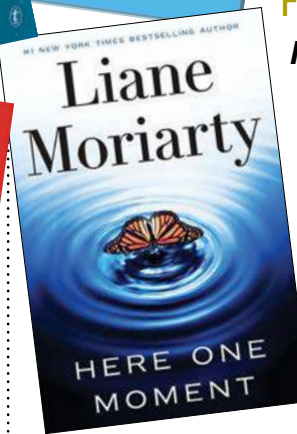
The bestselling author of *Big Little Lies* returns with a story that will be hard to put down. It all starts with a flight from Hobart, Tasmania, to Sydney, NSW. The skies are clear, the flight is running on time, and it all seems perfectly normal until a 'lady' that most passengers

describe as 'unremarkable' tells each one of

them their age and when they will die.

Some will die well into the future, but others will die soon, very soon, according to her. People are scared, others shake off the gloomy conversation and move on (or pretend to) with their lives, but soon her predictions become real.

Who was she and was she right about everyone's expiration date? This intelligent and well-paced read will keep you guessing and pondering grief, destiny and human fragility. ■





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7

SPOTLIGHT ON PNG INVESTMENT

Key figures in Papua New Guinea's business community gathered for the two-day Business Advantage PNG Investment Conference in Brisbane, Australia, earlier this year.

The annual conference showcases business and investment opportunities across the PNG economy to a global audience and is conducted by Business Advantage International, the publisher of this magazine.

Hundreds of delegates listened to a range of speakers at the Brisbane Convention and Exhibition Centre.

The speakers included Prime Minister James Marape, futurist Chris Riddell, cybersecurity expert Matt Dri, Kumul Petroleum Holdings' Wapu Sonk, Bank of Papua New Guinea Chairman David Toua, the IMF's Sohrab Rafiq and Air Niugini CEO Gary Seddon.

The Prime Minister told delegates, via a live video call, that PNG was still rebounding

from the impact of COVID-19, and that the government had applied fiscal policy to ensure the economy remains on track for growth.

"In this sort of context, the government is always on the lookout to assist investors," he said.

The conference featured panel discussions, interviews, an expo and gala dinner.

Focus sectors included infrastructure, tourism, mining, energy, finance, ICT and construction. ■



PICTURES: STEFAN DANILJCHENKO



4



5



6

- 1 Making introductions.
- 2 The Asian Development Bank is the largest investor supporting the development of infrastructure in PNG. Said Zaidansyah, its PNG Country Director, outlined its program.
- 3 KPMG's Geri McMahon spoke on Environment, Sustainability and Governance in investing.
- 4 Cybersecurity expert Matt Dri of KPMG gave advice on how PNG could tackle cybercrime.
- 5 The keynote speaker was futurist Chris Riddell.
- 6 Chairman of Paga Hill Development Company, Gudmundur Fridriksson (left) and Radisson Hotel Group's Lachlan Hoswell unveiled plans for PNG's first Radisson Blu resort and casino.
- 7 (Left to right) MC Andrew Wilkins, NCD Deputy Governor Dadi Toka, PNG's High Commissioner to Australia John Ma'o Kali and ICDC's Oala Willie.
- 8 The Constantinou Group's George Constantinou.
- 9 The team from PNG's Immigration and Citizenship Authority at the conference expo.
- 10 Tetra Tech's Juliene Leka-Maliaki, Westpac's Hazel Ruop, Central Province Governor Rufina Peter and Westpac's Symantha Siola.
- 11 Moni Plus' Gereaa Aopi, Aho Baliki and Karai Morea.
- 12 Kumul Minerals' Sarimu Kanu and KPMG's Ces lewago. ▶



8



9



10



11



12

Strictly Business stories kindly provided by



14



15



16

- 14 Kumul Consolidated Holdings' Moses Maladina with UPNG's Professor Albert Mellam.
- 15 Denton's Wavie Kendino Leki, Nasfund's Rajeev Sharma, and IBBM's Susil Nelson-Kongoi discussed PNG's investment climate.
- 16 IBBM's Natalie Mwayawa with Vanguard International's Milrose Puri and Anzillah Miro.
- 17 Queensland's Pacific Trade Commissioner Leata Alaimona, LCCI's John Byrne and the IFC's Aicha Sow.



17

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BREAKING NEW GROUND

A town with 4000 affordable houses is taking shape on the edge of Port Moresby. *Paul Chai reports.*

The ambitious Tuhava town housing development by Rhodes PNG Limited is a "first of its kind" land-use model that aims to deliver affordable housing to the country's rising middle class.

Land title can be a complex issue in Papua New Guinea, particularly when customary land is being used for commercial purposes. But a series of recent government reforms is making it easier to build new housing developments on customary land.



Taking shape, the first houses at Tuhava town.

Rhodes PNG Limited is leading the way with Tuhava town, which aims to deliver 4000 homes over the next 20 years. The project is in Napa Napa, around a 30-minute drive from Port

Moresby's international airport and 10 minutes from the Motukea International Shipping Port. "This project is the first one of its kind moving from customary land over to state



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(99-year) lease,” says David Cusick, the General Manager Sales and Operations for Rhodes.

“We work very closely with Roku village because they are the local customary landowners and they have been fantastic to work with during this process.”

Cusick expects the first families to move in soon. The site did not have water or power, so infrastructure has been a key focus for the group in preparing for the first residents.

“We have 38 houses currently under construction – that is our initial investment – and in the next four-to-six months we will have people that are moving into homes because we will have all the sewerage in place, all the water in place and all the electricity in place as well,” says Cusick.

“People will have their finance arranged and the Department of Works has been out to do their sign-off so people can move in.”

The project has provided a lot of lessons for the builder, which specialises in low-cost

“

Two-bedroom houses start from PGK390,000 for a house-and-land package, and four-bedrooms from around PGK450,000.

”

commercial housing and the use of locally sourced and manufactured materials.

“Being the first one of its kind in the country, we are tracking how certain things are going and we are learning as we go. What we were doing two years ago compared to what we are doing now is totally different,” says Cusick.

Although Rhodes has a construction arm, it will also utilise local firms to help build the

4000 houses. Homes will be built to plans provided by Rhodes to ensure consistency, right down to the colour of paint used. These will range in size from two to four bedrooms, with two-bedroom houses starting from PGK390,000 for a house-and-land package, and four-bedrooms from around PGK450,000.

Rhodes expects to attract buyers from PNG’s expanding middle class, and is working with Westpac, Kina Bank and BSP on financing.

The firm is also working with the International Finance Corporation (IFC) to set up a women’s secondary college, as part of its ongoing commitment to gender equality in the region.

“We were the first construction and engineering company in the world to gain (IFC-administered) EDGE certification, where the main focus is gender equality,” says Cusick.

“We’ve got a new female director, and other senior management roles right down to trade level are occupied with skilled female employees.” ■



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World Bank provides PNG update

Greg Clarke reports that there are some positive signs for the country's economy.

In May this year the World Bank provided a *Papua New Guinea Economic Update*. Some of the key findings include that as the economy recovered to pre-pandemic levels, the government reduced the fiscal deficit from 8.8 per cent of GDP in 2020 to 4.4 per cent in 2023. Public debt has stabilised although the country remains at risk of debt distress.

Inflationary pressure remained low in 2023 but built slowly since the third quarter. Headline inflation fell steadily from 6.3 per cent in 2022 to 1.4 per cent in the second quarter of 2023 (year-on-year figures).

Looking ahead, the report states economic growth is projected to accelerate to 4.8 per



cent in 2024, mostly due to the reopening of the Porgera gold mine. Medium-term growth is expected to settle at three per cent.

The report also has sensible words of caution – slower-than-expected economic growth could occur through lower demand for PNG's exports, or a pronounced decline in commodity prices should droughts and other climate-related events eventuate. Yet, stronger growth may be recorded due to new

resource mega-projects, like Papua LNG, a liquefied natural gas project.

“

Economic growth is projected to accelerate to 4.8 per cent in 2024.

”

The report also includes a special analysis of education. Among many forthright recommendations it suggests that improving teacher effectiveness and student learning can ultimately lead to higher income growth and a reduction in poverty. ■

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Corporates set to score with new team

Wapu Sonk, the head of PNG’s bid to enter a team into the NRL, has spoken about the bid’s progress and the potential corporate sponsorship opportunities. *Nadav Shemer Shlezinger* reports.

Papua New Guinea’s bid to have a team in Australia’s National Rugby League may be confirmed by the end of the year, according to bid chairman Wapu Sonk.

Speaking at the 2024 Business Advantage PNG Investment Conference in August, he was hopeful that funding decisions were imminent by the PNG and Australian governments.

The Australian government is reportedly considering providing up to A\$600 million in funding over 10 years to support the PNG team.

Sonk, who is also Managing Director of Kumul Petroleum Holdings, said some of that money would go to supporting investments in



Wapu Sonk at the investment conference.

rugby league in Fiji, Samoa and other Pacific Island nations. But he said the “majority of that funding” will support PNG.

“The (proposed) date of our entry is 2028, and hopefully an announcement of the team entering the competition will happen before the end of this year.”

Sonk said the new team, to be based in Port Moresby, will provide huge opportunities for corporate sponsors, including airlines, travel companies and hospitality businesses.

“We’ll have supporters following our team around Australia. There are going to be a lot of people moving backwards and forwards following the teams around,” he said.

Sonk expressed hope that PNG would eventually be able to cut back the amount of Australian taxpayer support and fund its NRL team through corporate sponsorship and members from PNG. ■

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EDUCATION & TRAINING

A SPECIAL REPORT

A wealth of education and training opportunities are available in Papua New Guinea. In this special report, *Paradise* looks at some of the programs on offer, ranging from leadership, to gateways to university, to geology and more.



“

We have sent students to universities around the world including Cambridge, Oxford, Stanford and Australia.

”

A PRIVATE SCHOOL PATHWAY

Turning 65 years old next year, the International Education Agency provides private education in PNG. *Paul Chai* talks to deputy principal Ronan Moore about how the school is helping mould the country's next generation of leaders.

The International Education Agency of Papua New Guinea (IEA) started life when PNG was under Australian administration. During this time the agency was created to provide education primarily for the children of Australian expatriates. Now, with the agency about to celebrate 65 years, the flagship Port Moresby International School (POMIS) has 1000 students – and 950 of them are local PNG children.

Deputy principal Ronan Moore says that the IEA fills a much-needed gap in the PNG education system, with the state schools struggling to keep up with demand and training.

“We are bridging the gap and providing PNG kids with the opportunity to get an education at a global level,” Moore says. “A lot of Papua New Guineans who have the money to send their kids to a private school want their kids to have the best education possible and to attend tertiary education in Australia.”

IEA has five schools in Port Moresby with POMIS the only secondary school. There is also a mixed primary and secondary school

in Lae and 12 primary schools throughout the regions that feed the two high schools.

Moore came to the school in 2013 after teaching in Egypt, Sudan and having a 10-year tender in Singapore setting up international schools. All his students have graduated from POMIS before going on to universities in South Australia and Queensland, and he says it is the quality of teaching that provides these pathways.

“Our international status and the different programs offer PNG students world alternatives,” Moore says. “No-one else offers the International Baccalaureate. We’ve been offering it since the mid 80s. We have sent students to universities around the world including Cambridge, Oxford, Stanford and the Australian Group of 8 universities.”

The school has a 50–50 gender mix, and the IEA is looking to expand its offering so that more kids get the opportunity to attend.

“Through the years we have worked side by side with the PNG Education Department and other schools in PNG,” Moore says.

“We offer a very distinct alternative to PNG students.” ➤



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STUDY BUDDIES

The opportunity to work and study in Australia is something that can change the lives of Papua New Guineans. *Paul Chai* talks to Rohan Smith from International Education Visa Services Australia, which specialises in making those educational dreams a reality.

International Education Visa Services Australia (IEVSA) is a company that is expert in getting Papua New Guinean students into Australian universities, even though, in recent times, the Australian government has been tightening up the rules.

Rohan Smith, a registered migration agent and principal at IEVSA, says they help students gain university acceptance, as well as helping to organise all their immigration and visa requirements.

"It gives Papua New Guineans the opportunity to get a quality education that will really enhance their employment prospects when they return to PNG," Smith says. "If you have an Australian Bachelor of Business or a postgraduate MBA you will really stand out from the crowd."

Because of IEVSA's experience supporting Papua New Guinean students to study in Australia, the company was asked to assist Steamships Trading Company to help send a local student to Australia to further her studies.

Kelitha Malio, from East Sepik Province, was working at NAQIA in 2019 when she was awarded a postgraduate scholarship to

study in Australia. The scholarship, provided by Steamships, and managed by IEVSA, gave Malio the opportunity to study a Master of Public Health, majoring in Epidemiology and Research Methods, at QUT in Brisbane.

She was supported throughout her degree by IEVSA, which has offices in Waigani and Australia, and she is now a Technical Advisor for Surveillance and Emergency Response with World Vision Papua New Guinea. Malio has recently travelled to Australia to present a paper at the Global Health Security Conference. Later this year she will present at the 17th International Symposium for Veterinary Epidemiology and Economics in Sydney.

IEVSA's Smith, who also helps arrange travel for Kumul Petroleum Holdings for staff heading to Australia, says that most of its work is actually with private families keen to give their kids a head start in life.

"My observation is that Papua New Guineans prioritise education more than any other nationality I have worked with and they are willing to make sacrifices to have their children gain a quality education – it is rare to see around the world," says Smith.

CORPORATE TRAINING BASED IN LAE

Tok Stret Consulting Limited is a Papua New Guinean owned training and development organisation based in Lae.

It is the brainchild of Julliane Terry, who started her career as a secretary before becoming a car washer, then a salesperson and eventually a sales manager with Ela Motors in Lae. She was subsequently appointed the business development manager of five branches of Ela Motors.

"I thank Ela Motors for the opportunity and learning programs that helped my journey, and assisting in my life goals," she says.

In 2017, Terry started Tok Stret, which in Tok Pisin means to be honest, or direct.

Tok Stret (tokstretconsulting.com.au) has developed a range of programs for corporate business and has a client list in areas of supervision, sales, teamwork, leadership and more.

She says: "Our mantra – People + Process = Profit – is what we focus on and deliver in our unique, energetic and inclusive style. Our groups range from factory workers to senior or aspiring managers." ▶

Julliane Terry, the creator of Tok Stret Consulting.







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ROCK-SOLID LEARNING

GHD engineering geologist Victoria Kili has been working with the University of Papua New Guinea (UPNG) to develop the next generation of geologists in PNG.

She started teaching at UPNG in 2022, while living in Port Moresby. One year later, when she relocated to Perth, Australia, with GHD, she continued teaching at UPNG through virtual meeting platforms.

“I am committed to imparting practical knowledge and fostering a deeper understanding of geological principles among my students,” says Kili.

“My goal is to provide practical instruction and share real-world examples from my personal experiences, focusing on relevant scenarios in PNG and well-known international case studies.”

Earlier this year, Kili arranged for GHD principal Andrew Barclay, currently based in



PNG, to deliver an in-person guest lecture on engineering geology for dams.

He says the level of engagement from students was phenomenal, “After a one-hour lecture, I enjoyed a 90-minute Q&A session with nearly the full contingent of final year earth sciences students. Based on the quality of the questions, the future of PNG geology looks bright.”

GHD (ghd.com) has operated in PNG for 13 years, mainly delivering projects for clients in geotechnical engineering, environmental, construction and project management. ■

Victoria Kili, helping teach a new generation of geologists in PNG.

An advertisement for Pinhalense coffee processing equipment. On the left, a man in a suit and sunglasses is shown in profile, looking towards the right. The background is a bright, clean space with several pieces of industrial machinery. The text 'UPGRADE YOUR COFFEE' is written in large, bold, red letters, with 'AND PROCESS YOUR BEANS WITH NO WORRIES' in smaller black letters below it. The machines are labeled: 'ECO PULPER', 'ROTARY DRYER', and 'HULLER POLISHER'. The Pinhalense logo is in the bottom right corner. A QR code and the website 'pinhalense.com.br' are in the bottom left.





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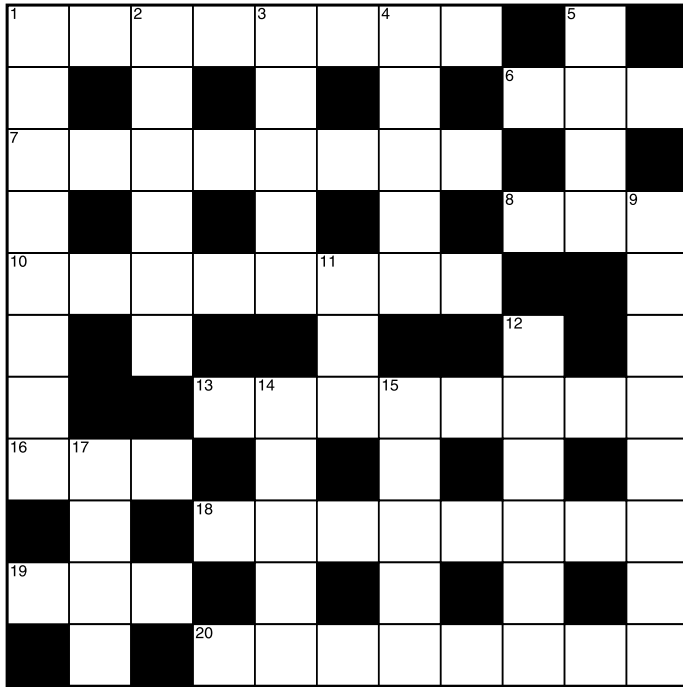
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DoubleTake

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



CRYPTIC CLUES

ACROSS

1. Walks on sister, initially, then male relatives (8)
6. Outlaw located in Brisbane (3)
7. Dream Les spoilt gems (8)
8. Leaves half a meadow (3)
10. Auditoriums adjust the rates (8)
13. Not scant, perhaps, but unvarying (8)
16. Inside is a yearning to speak (3)
18. Come to an end when Ustinov not at home (5,3)
19. Time that is lost when pigeons become pigs (3)
20. Scholars of French caught up in stunts (8)

DOWN

1. Clothing for those in saunas! (8)
2. A number of the Spanish are not odd at all (6)
3. Maxwell, Agent 86, appears to be intelligent (5)
4. Nude gets around third-degree elbow (5)
5. Glen modified deal (4)
9. Stirs up public opinion for reconstruction at its age! (8)
11. Organise cricket score (3)
12. Cowboy's pub that Pacino will be in soon (6)
14. Obvious it's kept in poverty (5)
15. Rush to see Keanu movie (5)
17. In ran one unknown author (4)

STRAIGHT CLUES

ACROSS

1. Spouse's boys (8)
6. UN leader ... Ki-moon (3)
7. Precious stones (8)
8. Back To The Future actress, ... Thompson (3)
10. Surgeons' workplaces (8)
13. Continual (8)
16. Billy Joel hit, ... *Goodbye to Hollywood* (3)
18. Fade away (5,3)
19. Immeasurable period (3)
20. Teacher's charges (8)

DOWN

1. Jumpers (8)
2. Roman XI (6)
3. Wise guy, ... aleck (5)
4. Prod (5)
5. Up hill and down ... (4)
9. Campaigns vigorously (8)
11. Sprint (3)
12. Cruise ship lounge (6)
14. Open to view (5)
15. Velocity (5)
17. Shortly (4)

Theme: MUSIC

- ANTHEM
- BERCEUSE
- BLUES
- BOLERO
- CAPRICCIO
- CHAMBER
- CHORALE
- CONCERTO
- COUNTRY
- ETUDE
- FANDANGO
- FANTASIA
- INTERMEZZO
- MADRIGAL
- ORATORIO
- OVERTURE

Wordsearch

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



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. True or false? The Sepik River is longer than 1000 kilometres.
2. How many countries have the name 'Guinea' in them?
3. How many stars are on the PNG flag?
4. Is PNG north or south of the equator?
5. Why should you avoid PNG's hooded pitohui?
6. How many athletes competed for PNG at the Olympic Games in Paris in 2024?
7. Who are the Barramundis?
8. Which team does Justin Olam play for in the NRL?
9. What are you eating if you're enjoying a bowl of *kol pis no rais* in PNG?
10. Air Niugini has recently added flights to which Pacific country?
11. In aviation, what is 'BNE'?

12. Explorer James Cook visited the Pacific on a number of voyages between 1768 and 1779. What was the name of his ship? Have a bonus point if you can name the botanist who travelled with Cook on his first voyage.
13. What was the name of fighter aircraft commonly used by the Japanese in PNG, and elsewhere, during World War 2?
14. What are you drinking if you have a glass of Tusker, and where are you likely to be?
15. Can you identify this famous hotel and where it is?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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

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H	U	I	U	I	Z	Y	I	C	L	G	Z	U
B	E	O	V	E	R	T	U	R	E	Z	X	E
E	L	V	W	T	C	O	J	D	M	Z	Z	C
O	T	U	N	N	A	G	T	A	X	M	H	R
R	B	U	E	R	P	I	D	A	J	O	M	E
P	O	L	D	S	R	R	S	T	R	E	B	B
C	L	V	N	E	I	A	G	A	H	O	I	M
L	E	W	Q	G	C	A	L	T	T	I	R	A
A	R	X	A	K	C	E	N	E	K	N	Q	H
V	O	L	P	Z	I	A	Z	T	F	R	A	C
A	X	W	D	H	O	G	N	A	D	N	A	F

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

The Paradise Quiz

1. True (1146km) 2. Four: Papua New Guinea, Equatorial Guinea, Guinea, Guinea-Bissau. 3. Five. 4. South 5. It's one of a few poisonous birds in the world. Its feathers carry powerful toxins. 6. Seven. 7. PNG's national cricket team. 8. Wests Tigers. 9. Cold fish and rice. 10. Vanuatu. 11. The three-letter code for Brisbane airport. 12. HMS *Endeavour*; Joseph Banks. 13. Mitsubishi A6M Zero. 14. Tusker is a popular beer in Vanuatu. 15. Marina Bay Sands, Singapore.

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ARRIVALS LOUNGE

PAPUA NEW GUINEA VISITOR GUIDE



PICTURE: DAVID KIRKLAND

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

Out and about

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

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 (+675 324 9400) day rate is PGK315–435 with a PGK4600 bond. With a driver it's an additional PGK15 per hour. WB Transport Systems (+675 341 3541) day rate is PGK300–1500. 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.

Security firms: They can provide airport transfers if you are not staying at a hotel or if 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) Black Swan International (+675 7500 0200) and Ultimax Security (+675 323 7856). In Lae, recommended security firms are Guard Dog Security (+675 7202 1069) and G4S (+675 472 3999).

Taxis: Recommended firms are City Loop (+675 7715 9338)



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

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 or download the app.

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

BNBM Home Centre: Located at Gordons, sells everything from building materials to homeware and tech items. See facebook.com/BNBMPNG.

Brian Bell Home Centre: Sells a wide range of white and brown goods as well as sportswear and manchester. There are outlets at Boroko and Gordons with a smaller shop at Vision City. See facebook.com/brianbellgroup.

Foodworld: Has two outlets – Waterfront and Gordons. Considered the best grocery shops by many. The Waterfront outlet has a home centre, salon, eye care, clothing and tech shops. There is a Popi's cafe at both locations.

Rangeview Plaza: 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. There are stalls outside where local artisans sell their crafts, paintings and toana wear. See facebook.com/RangeviewPlaza/.

Stop & Shop: It has outlets all over the city, but recommended locations are at Harbour City and Waigani Central (also home to Jack's of PNG, Prouds and Hardware Haus). Small businesses are set up in the car park selling *meri* blouses as well local art and crafts. An outlet has opened at 8 Mile. See cpl.com.pg.

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. The supermarket sells fresh local vegetables sourced from all over the country. See 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. See visioncitypng.com.

MARKETS

Banana Market: Located within the secure Adventure Park premises at 14 Mile, 30 minutes outside the city. Despite its name, you can find a wide range of fresh fruit and vegetables sourced from the gardens of surrounding communities. Open 7am–5.30pm. ➤



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 on 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/holidayinnsuitesportmoresby.

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,



Airways Hotel, one of Port Moresby's ritziest hotels with several excellent dining choices.

carvings, pottery and jewellery. Enjoy the barbecue, live music and movies for kids. Some craft days have cultural dances and performance art shows. Held on the first Saturday of each month. Entry PGK2. Open 8am–1pm.

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 the Harbourside Precinct, which includes live music and food. See 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 or 7C's past reception. 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. If you're after a drink, have cocktails and beers at the Balus Bar. For an exclusive experience, head to the Havanaba Bar to enjoy a cigar with your pick of top-shelf wines and spirits. See 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 their beef vermicelli salad or pop in for Taco Tuesday. Tel. +675 7320 7777. See instagram.com/akurapng.

Alibi Bar & Grill: At the Harbourside precinct, open for lunch and dinner daily. There's a

kid's playground if you're making it a family day. 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. See facebook.com/alibipng. Tel. +675 7320 7777.

Ang's Restaurant: No-frills Chinese hidden away in an industrial block opposite Brian Bell's Gordons Plaza shopping centre. Roast duck is the signature dish. Tel. +675 323 0863.

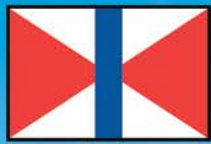
Asia Aromas: Offering Chinese and Thai food by the water at Harbourside, this eatery has consistently good reviews on social media. Outdoor seating is available. A good spot for sunset drinks. Tel. +675 321 4780.

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.

Cuppa Cafe: Has a rustic setting with great breakfast options, pasta dishes, burgers and salads. The snack bucket – a large bowl of fried chicken, onion rings, prawns, battered fish, spring rolls and chips – is perfect for sharing. Try their coffee or a range of healthy smoothie combos. Tel. +675 302 8666.

Crown Hotel: For fine dining, choose Rapala Restaurant, its menu a mix of Western and Middle Eastern dishes. It's open 6pm to 10pm. All-day dining is available at The Cafe, opens at 6am. Every Saturday night, ➤





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Information valid at time of publishing and subject to change.

the hotel hosts an International Street Food Festival, featuring popular dishes from around the world. See crownhotel.com.pg. Tel. +675 309 3000.

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. Tel. +675 308 3100.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. 'All-You-Can-Eat' grilled skewers available every Thursday night. You can find them at Stop & Shop Harbour City (first floor) and the Harbourside Precinct. See daikokupng.com. Tel. +675 7375 3130.

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



Japanese treats are on offer at Daikoku at Harbourside.

time for those busy work mornings. You can also find their bread on sale at Waterfront Foodworld. See duffypng.com. Tel. +675 325 8528.

Dynasty at Vision City: This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. The crispy lemon chicken is a favourite. See

facebook.com/100064086213057. Tel. +675 302 8538.

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 Turkish lahmacun. 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. See facebook.com/edgebythesea/. Tel. +675 7995 5263.

Ela Beach Hotel: Drop in to Salt Restaurant for casual all-day dining, including curry, burgers and wok dishes, or pizza at Enzo's. The Beachside Bakery has a great range of sweet treats and coffee that you can enjoy in outdoor seating. See 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 be 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. Deli Cafe serves excellent milkshakes and the hotel's own range of bread and pastries. See coralseahotels.com.pg. Tel. +675 7999 0200.

Grand Papua Hotel: The elegant Grand Brasserie has an a la carte menu of modern European cuisine, as well as buffet options – Asian on Tuesday and Seafood on Friday. 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. Tel. +675 7999 0000.

Hilton Port Moresby: The hotel has five eating areas including Mumu, which is named after the traditional earthen oven of PNG, and serves traditionally ➤



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PAPUA NEW GUINEA
CENSORSHIP BOARD &
OFFICE OF CENSORSHIP
**PROHIBITED
ITEMS**

DECISION CONCERNING MATTERS OR GOODS OTHER THAN FILMS AND PUBLICATIONS

The Papua New Guinea Censorship Board and the Office of Censorship are mandated under the **Classification of Publication (Censorship) Act 1989** (the Act) for the determination and declaration of the classification of films and publications produced locally and or imported internationally. This includes regulating and monitoring content of the mass media and public communication systems to rid-off unwanted and indecent information and materials.

In accordance to sections 11 and 12 of the Censorship Act of 1989, the Censorship Board resolved in its Meeting No. 02/2003 on 21st May, 2003 to ban all objectionable publications including matters or goods other than films from entering Papua New Guinea.

The objectionable publications provided for in section 2(a) of the Censorship Act include;

a) Sexual Enhancement Products

All imported sex enhancing products in whatever state, form or shape are not permitted unless specifically prescribed contacted to verify

its use. Such products in this category would include capsules, tablets, sprays, creams, powders, vibrators, penis enlargers, vibe condoms, sex novelties, etc.

b) Medical Drugs

Medical drugs purposely made to cure or correct a sexual dysfunction are permitted on the condition that the drug is registered by the Medical Supplies Branch of the Department of Health to be used as directed by a medical doctor.

c) Dietary Supplements (Vitamins)

Dietary supplements intended for consumption by Papua New Guineans are permitted provided the prescription or prescriptions on the packages or on inserted leaflets are in English.

The Censorship Board views such products and materials as objectionable publications or prohibited items and strongly recommended that these items must not be sold or distributed for use and consumption as they are illegal in the country.

PENALTY:

The general public is reminded that any persons in possession of any of the Prohibited Items are in breach of the Censorship Act and can be imprisoned up to six months or charge a penalty fine of K3,000.00 (individual) or K10,000.00 (Corporate Body).

Authorized by:



Mr. Jim. Abani
Chief Censor

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, including a Southeast Asian buffet every Wednesday night, and quick bites, such as sandwiches and coffee, at Halo in the convention centre foyer. See hiltonportmoresby.hilton.com. Tel. +675 7501 8000.

Hilton Residences: The Host Deli, Bistro & Bar on level two has a relaxed modern vibe with ample seating options. The Super Bowl (roasted cauliflower, falafel, poached egg, chickpeas with hummus, labneh and halloumi) comes highly recommended. If you're on the go, the delicatessen bar offers fresh fruit, pastry,



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

sandwiches and desserts. Opens at 6.30am and stays open till late for drinks. See hiltonportmoresby.hilton.com. Tel. +675 7501 8000.

Holiday Inn & Suites: The Kopi Haus Restaurant has breakfast from 6am, lunch and dinner. It has a la carte as well as a buffet,

with the cuisine including PNG flavours. 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. Tel. +675 303 2000.

Hosi Ramen: As the name suggests, this Japanese restaurant at Vision City specialises in ramen (noodles served in broth with meat and vegetables). A party of up to 15 people can opt for a hotpot session. Tel.+675 302 8555.

Jeanz Cafe: A family-friendly cafe with ample seating that proudly serves PNG Arabica



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coffee. Located in Gordons Plaza, it has a great range of salads, pastries and sandwiches. See gordonsplaza.com.

Kofi "N" Kai: A cafe located in BNBM Home Centre with ample lounge seating. Try the ham and cheese croissant or indulge in dessert options like Oreo cheesecake, carrot cake or the almond and pecan tart. Tel. +675 775 74399.

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. Tel. +675 302 8534.

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. Tel +675 7373 0600.

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



The pool area at Loloata Island Resort.

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. The Beach Club upstairs is a great spot for special events like corporate dinners, birthdays and weddings. See loloataislandresort.com. Tel. +675 7108 8000.

Lucky Lucky: Informal but classy Thai cuisine at the Nambawan Super Plaza. Town and harbour views, alfresco dining. Go-to dishes include pad Thai noodles and the charcoal-grilled pepper beef sirloin. Tel. +675 7995 5264.



Thai cuisine at Lucky Lucky in the Nambawan Super Plaza.

among the offerings. Try the new Mexican dishes during a regular Taco Tuesday. See 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 include 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 ➤

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



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PORT MORESBY



Bar and Marcus Kitchenette and Catering and many more. See pkipax.com.

Port Terrace: Fast becoming a popular lunch and dinner spot, the restaurant and bar is in the Crowne Plaza Residences. There are grilled dishes, share plates like a seafood or sticky pork ribs platter, and homemade pasta dishes. There's a new cocktail to try every month. See 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. Tel. +675 321 1700.



All-day dining is available at the Stanley Hotel's Green Haus restaurant.

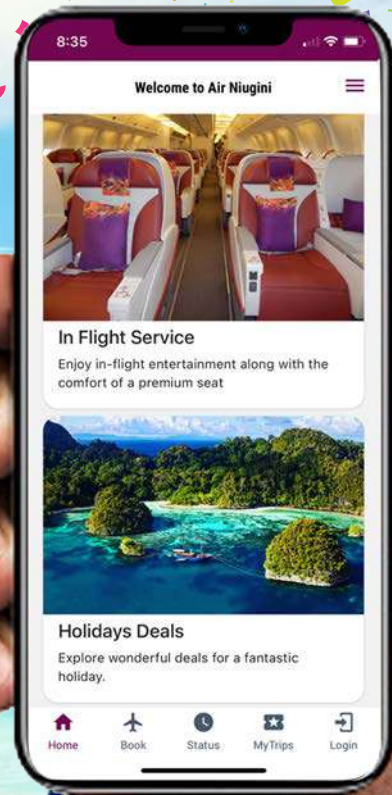
Seoul House: This restaurant specialises in Korean, Thai and Chinese cuisine, cooked on a hotplate in front of you. The dishes include a seafood platter of coral trout, mussels and shrimp, and Singapore-style chilli crab. Seoul House is tucked away in a garden oasis compound in Five Mile. The owners 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. Tel +675 323 0000.

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 ➤



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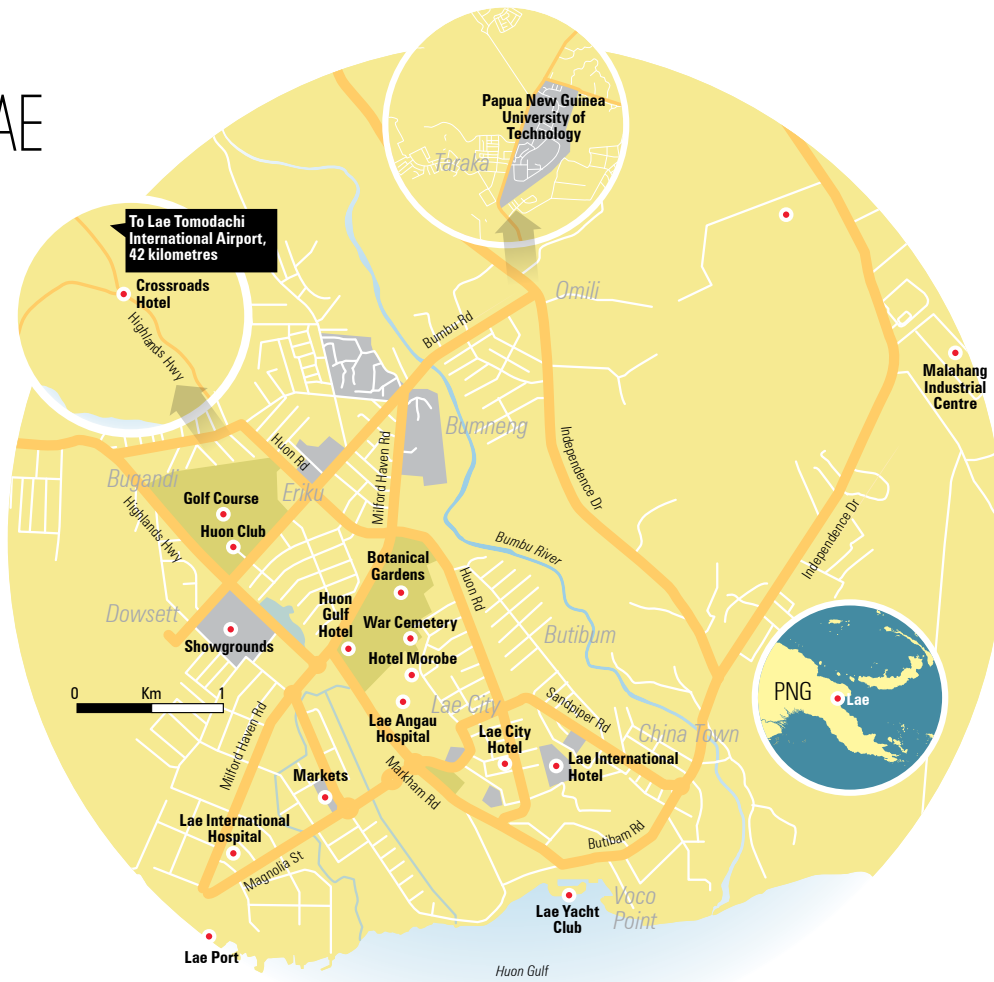
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LAE



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.

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. Tel. +675 3201 910.

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



Lae Yacht Club, a relaxing venue for drinks or pub-style meals.

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. See facebook.com/bulolocountryclub/. 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. They've added boba milk tea and their own range of fruity sodas to the drink's menu. See facebook.com/bungarayarestaurant/. 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 facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, ➤



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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. Tel. +675 472 1363.

The 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. Tel. +675 472 1363.

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

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



The Lamana Hotel (top); the swimming pool at Loloata (above).

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. See crossroads-hotel-lae.mydirectstay.com/. Tel. +675 475 1124.

Ocean Restaurant: Located at Aviat Club, it's a popular seafood spot. Offers authentic Asian cuisine and local dishes. See facebook.com/p/Ocean-Restaurant-Lae-100049129045632/. Tel. +675 7370 3045.

HOTELS

PORT MORESBY

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

Citi Boutique Hotel: The Citi Boutique Hotel is a three-star property in Boroko. It has 60 deluxe queen and twin rooms, a business centre, cable TV and free Wi-Fi. There's also a day spa and beauty salon, restaurant, bar, karaoke room, and a rooftop

terrace. The hotel provides free airport transfers. See facebook.com/citiboutiquehotel. Tel. +675 300 1300.

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

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

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

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

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



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

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

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

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

Sanctuary Hotel Resort & Spa: The hotel is an oasis in the city, located 10 minutes from the airport in North Waigani. There is a lot of greenery in the hotel



The Sanctuary Hotel provides an oasis in the city (top); the renovated Lae International Hotel (above).

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

Shady Rest Hotel: Located at Three Mile, seven minutes from the airport, this affordable hotel has 74 rooms, including newly

built executive rooms, conference facilities, a day spa and salon, a small gaming lounge, a tapas lounge, the Indian-inspired Cellar Restaurant and Mr Mike's Pizza Company. See shadyrest.com.pg. Tel. +675 323 0000.

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

restaurants and an executive lounge. Connected to Vision City Mega Mall. See thestanleypng.com. Tel. + 675 302 8888.

LAE

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

Hotel Morobe: A centrally located boutique with 38 elegantly decorated rooms. See hotelmorobe.com. Tel. +675 4790 100.

Huon Gulf Hotel & Apartments: Has comfortable rooms, conference rooms and a pool, located in the industrial part of town. The restaurant offers Italian cuisine and there are two bars. See coralseahotels.com.pg/huon-gulf-hotel-apartments/. Tel. +675 7999 0100.

Lae City Hotel: Located in the main Top Town area, this hotel has 24-hour concierge, gym 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. There is a car rental service on the inn's premises and their restaurant offers curry takeaway. See laetravellersinn.com/. Tel. +675 479 0411. ■



MINI GUIDE TO TOK PISIN WORDS/PHRASES

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

- *Where do I find a taxi?*
Bai mi painim taxi long we?
- *One coffee with milk, please.*
Wanpela kap kopi wantaim milk plis.
- *Where is the toilet?*
Toilet istap we?
- *How much is this?*
Hamas long dispela?
- *Thank you very much.*
Tenkiu tru.
- *You understand English?*
Yu save long tok Inglis?
- *Where is my bag?*
Bag bilong mi istap we?
- *Where can I change my money?*
Wanem hap bai mi ken senisim moni bilong mi?
- *One beer, please.*
Wanpela bia plis.
- *Why? Bilong wanem?*
- *How many children do you have? Yu gat hamaspla pikinini?*
- *Where are you from?*
Yu bilong wanem hap?
- *I don't know. Mi no save.*
- *What do you want?*
Yu laikim wanem samting?
- *Restaurant*
Ples bilong kaikai
- *Goodbye* **Gutbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

NUMBERS

- | | | | | | | | | | |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Wan | Tu | Tri | Foa | Faiv | Sikis | Seven | Et | Nain | Ten |



Your Oasis Getaway in Honiara
[where everything just works]

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www.airniugini.com.pg

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Vanuatu back on the radar

Air Niugini has resumed flights from Port Moresby to Port Vila, Vanuatu, via Honiara in the Solomon Islands. The first flight on a Boeing 737, under the command of Captains Moses Padigaga and Barry Casupang, touched down to a rousing welcome on August 3.

The airline's Chief Executive Officer, Gary Seddon, and his management team were on board.

The CEO said Air Niugini plays a pivotal role in connecting nations, fostering trade, tourism and cultural exchange. He added that the resumed service is not just a business endeavour, but also a lifeline for families, friends and communities separated by distance.

"The COVID pandemic in early 2020 brought unprecedented challenges to the airline industry with periods of uncertainty, isolation and sacrifice. It was during that period, we stopped operations to Port Vila," he said. "But Air Niugini is back, symbolising



Air Niugini's Gary Seddon with some members of his management team and the flight crew at Bauerfield International Airport in Port Vila.

not only the revival of travel but also the resilience and unwavering spirit of our communities."

Vanuatu's Minister for Finance, John Salong, welcomed Air Niugini on behalf of his government. He said the return of Air Niugini means Vanuatu now has connections to

South-East Asian markets via Port Moresby, as well as having more access to medical, education and investment opportunities.

The Vanuatu Chamber of Commerce and Vanuatu Tourism Office also welcomed back Air Niugini at a function attended by government representatives, industry partners and Air Niugini's business partners.

Also present was National Capital District Governor Powes Parkop and his delegation, who were in Port Vila for Vanuatu's independence celebrations. Governor Parkop spoke on the value of Port Moresby and Port Vila as sister cities and the importance of the airline service.

Air Niugini's weekly Port Vila service via Honiara operates every Saturday. The aircraft stays overnight in Port Vila and returns to Port Moresby the following day via Honiara. The service provides same-day connections from Port Moresby to Manila, Hong Kong and Cairns. ■

Air Niugini backs Hagen Show

Air Niugini was a proud sponsor of the 2024 Mount Hagen Show, which took place in August.

The annual event promotes the Western Highland's rich and diverse culture and traditions.

During the two-day show, cultural groups from all over the province and other parts of Papua New Guinea came together to promote their traditional way of life through rituals, *sing-sing*, dancing, feasting, arts and crafts.

Air Niugini operates a minimum of three daily flights to Kagamuga airport in Mount Hagen. ■

ASTRONAUT TOUCHES DOWN IN PNG

Retired American NASA astronaut Marsha Ivins visited Air Niugini recently and enthralled airline staff – including pilots and engineers – with stories of her space exploits.

With 1318 hours in space across five missions, she spoke about space exploration, innovation and the future of aeronautics as well as her experiences, ranging from conducting scientific experiments to participating in critical space shuttle missions.

Fewer than 700 people have been to space, and, of those, only about 75 have been women.

The astronaut last visited Papua New Guinea in 1987 for the 50th anniversary of the disappearance of US aviator Amelia Earhart.

Now, 37 years later, she is set to inspire a new generation of PNG professionals and



The General Manager of Air Niugini Flight Operations, Captain Samiu Taufa, presents an aircraft model to astronaut Marsha Ivins.

students, focusing on the importance of STEM education, aviation, and giving lectures and talks about space exploration. ■



CADET PILOTS START THEIR TRAINING

Seven young Papua New Guineans selected for Air Niugini's National Pilot Cadet Program have travelled to Australia to start their training.

Stephen Nialir, Vincent Yandawai, Shirley Ambang, Edward Bare, Emmanuel Kukuwu, Thaddeus Kobal and Wari Willie are based at Flight Training Adelaide, South Australia, for the first 18 months of the program.

More than 3000 young men and women from PNG applied for cadetships. Shortlisted candidates went through an intensive selection process that included testing for academic ability, aptitude tests and interviews.

“

More than 3000 young men and women from PNG applied for the cadet program.

”

Air Niugini's Chief Executive Officer, Gary Seddon, urged the cadets to stay focused and disciplined.

“Your parents are very proud of you. We are proud of you. A lot of time and effort has been spent to get you to where you are today. Do not underestimate the size of the privilege that has been given to you. You are now



Air Niugini cadet pilots (from left) Stephen Nialir, Edward Bare, Vincent Yandawai, Emmanuel Kukuwu, Shirley Ambang, Thaddeus Kobal and Wari Willie.

ambassadors of not only Air Niugini, but Papua New Guinea.”

He said the airline have invested about PGK1 million on each cadet by the time they finish their training.

Captain Samiu Taufa, the General Manager of Flight Operations and Training Captain on the airline's Boeing 767 aircraft, told the cadets: “You have been chosen to commence a very rewarding but difficult program, in a highly regulated industry with primary focus on safety and security.

“You have passed the entrance exams. Now the work begins. Starting off with good, sober habits and discipline will take you a long way. The training is difficult, but not impossible.”

The cadets will aim to graduate with their Commercial Pilots License (CPL) and multi-engine instrument rating during their 18 months in Australia. They will then return to PNG to continue inflight training with Air Niugini.

Air Niugini's cadet pilot program was reintroduced last year by the CEO, after an eight-year break. ■

Airline staff pitch in for environment

Air Niugini staff pitched in on World Environment Day on June 5 to help clean up rubbish and plant 4000 mangrove seedlings at Dogura Beach, adjacent to Jackson's International Airport.

The 12 staff, led by the Chief Executive Officer, Gary Seddon, teamed up with The Nature Conservancy (TNC).

The CEO said it is important for the airline to contribute to TNC's conservation efforts. “Mangrove forests are important for many reasons,” he said.

TNC's PNG Program Country Director, Ruth Konia, said mangrove forests provide a habitat for biodiverse wildlife, and they are a source for food and medicine. She said they also provide shelter from strong winds, as well as protection from rising sea levels. ■



Air Niugini's CEO, Gary Seddon, and Air Niugini staff who helped with the mangrove rehabilitation program.

Flight updates for Hong Kong, Rabaul

Air Niugini has increased its direct flights between Port Moresby and Hong Kong from three to four per week. The additional service operates every Monday, adding to the existing Wednesday, Friday and Sunday flights.

Air Niugini has been flying between Port Moresby and Hong Kong for more than 30 years.

The flights are on a wide-body Boeing 767 aircraft.

Meanwhile, the airline has resumed Fokker jet operations to Tokua airport in Rabaul following the completion of airport runway repairs by the National Airports Corporation (NAC).

Air Niugini thanks the NAC for completing the repairs. It has been over 12 months

since the airline has operated jet services to Rabaul.

The resumption means there will be several timetable changes.

Passengers who have already booked their travel and been ticketed are advised to check with an Air Niugini sales office, travel agent or call toll free on 180 3444 for new flight times for Rabaul, Kavieng and Hoskins. ■



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

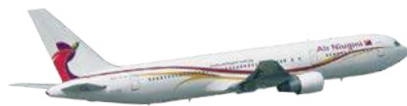
During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

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

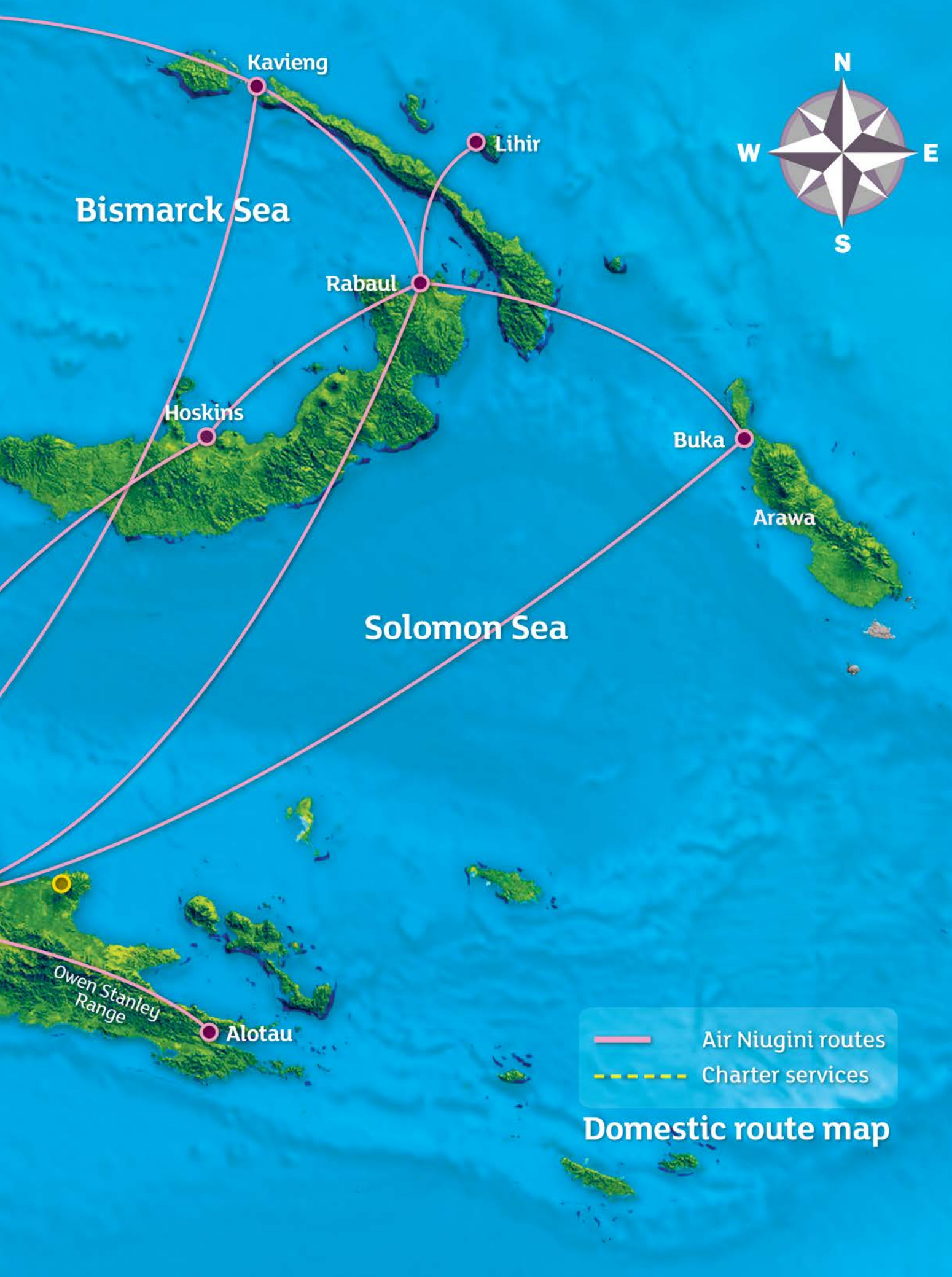
- When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.



Port Moresby
National Capital



Air Niugini
www.airniugini.com.pg



Bismarck Sea

Kavieng

Lihir

Rabaul

Hoskins

Buka

Arawa

Solomon Sea

Owen Stanley Range

Alotau

-  Air Niugini routes
-  Charter services

Domestic route map



HONG KONG

MANILA

SINGAPORE

**PORT
MORESBY**

**INDIAN
OCEAN**

CAIRNS

BRISBANE

SYDNEY

INTERNATIONAL ROUTE MAP



PACIFIC
OCEAN



Air Niugini

www.airniugini.com.pg

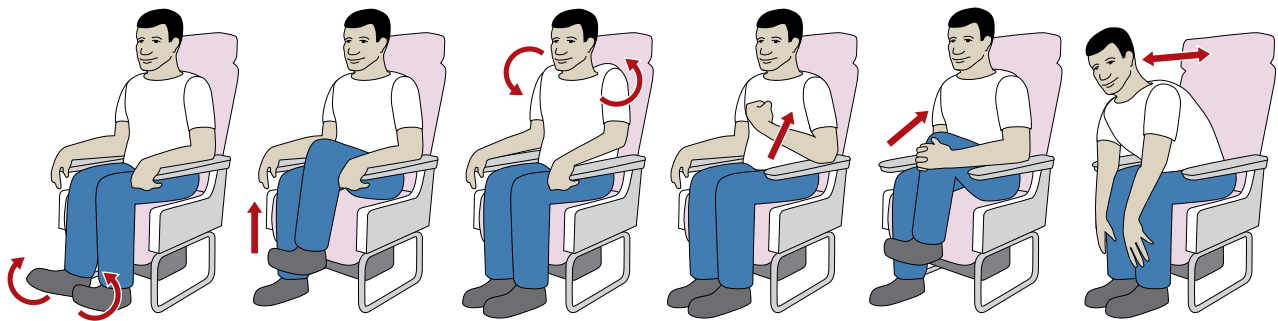


Your wellbeing



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

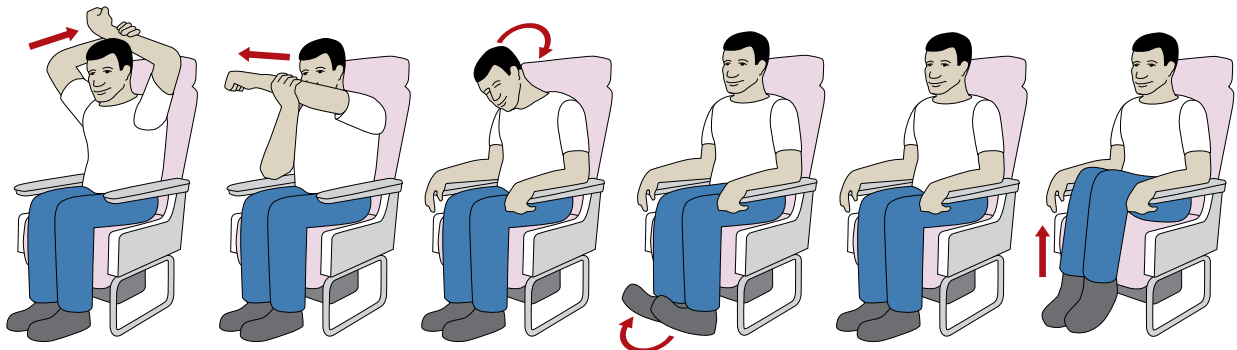
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

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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