

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 5 SEPTEMBER - OCTOBER 2017



# PARADISE

## PNG SHOWCASE

ALL SET FOR THE GOROKA SHOW

### CITY SECRETS

Locals reveal the best things about their towns

### SHANGHAI GUIDE

Everything you need to know about the Chinese megacity

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# IN PARADISE

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Cover photo: All dressed up for the Goroka Show. See our story, page 34.  
PICTURE: DAVID KIRKLAND, PNG TOURISM PROMOTION AUTHORITY



# PARADISE



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# Message from the Chairman

## Welcome aboard



As I write, our newly elected 10th National Parliament has met for the first time and has undertaken its most important constitutional duty – the election of the prime minister.

The board and management of Air Niugini congratulate Peter O'Neill on his re-election as prime minister and wish him and his ministers every success in the five-year term of this parliament.

The prime minister has always given the board of Air Niugini strong support. That support has been invaluable during a period of significant change, as the airline has sought to work more efficiently and has expanded services home and abroad in a difficult economic environment.

The support of the National Government will continue to be invaluable as we implement our largest fleet upgrade, and improve service to passengers, and our business and commercial partners.

Perhaps the most important support Air Niugini has received from the National Government has been the upgrading and redevelopment of major provincial airports. The work has included modern terminal facilities, improved navigational aids, airstrip expansion and resealing.

The result of this significant investment has given Port Moresby a modern, comfortable and passenger-friendly international airport that is enabling Air Niugini to achieve its goal of developing Jacksons Airport as a regional 'hub' for the Pacific Islands.

The redevelopment of other airport terminals – notably Nadzab (Lae), Mount Hagen and Hoskins – has ensured our busiest regional airports have the most modern facilities. Concurrent with this, Air Niugini is also investing in business class lounges at key airports. New lounges have opened at Mount Hagen, Lae and Hoskins.

The upgrading of Vanimo and Goroka airports will soon be completed and, over the next 18 months to two years, major work will be undertaken at Momote (Manus), Mount Hagen, Mendi, Gurney (Alotau), Kavieng, Buka, Madang and Wewak airports.

These airports will be partially closed during construction, possibly causing some inconvenience, but the improvements will eventually benefit passengers.

Modernising airport terminals, and runways and navigation, is costly – and Air Niugini is grateful to the National Government for implementing the largest airport infrastructure program in Papua New Guinea's history. In tandem with this investment, Air Niugini has been modernising its fleet. The airline has taken delivery of nine Fokker 70 aircraft, connecting Port Moresby with our regional capitals of Lae, Mount Hagen and Rabaul. These aircraft are also serving our growing Pacific network, connecting Port Moresby with Cairns, Townsville, Solomon Islands, Vanuatu, Fiji and the Federated States of Micronesia.

The development of our international operations remains an important project, and in the next few years our aircraft fleet will be significantly upgraded with four new Boeing 737-MAX aircraft.

Our modernisation program is not confined to aircraft and terminals. In October, the switch to the Sabre Solutions Passenger Service System will be completed. This will deliver the most modern and reliable e-commerce service available. It will include efficient online booking, more competitive fare choices, as well as improved customer service options.

While our focus is on servicing our major destinations, as the national airline we are not neglecting the air travel needs of the people of PNG living in more remote and distant communities. This is principally delivered through our subsidiary airline, Link PNG. Since its inception, just under three years ago as a low-cost and no-frills airline, Link PNG has enjoyed strong passenger and community support.

Air Niugini has a proud record of supporting community service by subsidising unprofitable routes. Maintaining these services depends on Air Niugini operating with maximum efficiency – and with continued passenger and business customer support.

We are appreciative of your support and, of course, the National Government's support. Working together, we will continue to provide a high quality, efficient and safe service.

Enjoy your flight.

A handwritten signature in black ink, appearing to read 'Frederick Reiher'.

Sir Frederick Reiher, KCMG, KBE  
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# President visits Port Moresby

**P**eter Christian, the president of the Federated States of Micronesia (FSM), visited Port Moresby recently and met with the heads of Air Niugini and the National Airports Corporation.

They discussed several issues relating to the airline industry, including Air Niugini's new flights to Pohnpei and Chuuk in FSM.

The president acknowledged Air Niugini for providing the service between FSM and Port Moresby and confirmed his government's support. "We are extremely happy with this

“

We are extremely happy with this new service (to Micronesia) and my government will continue to work with Air Niugini to ensure the route is sustainable.

”



**Top-level trio ... (from left) National Airports Corporation acting managing director, Richard Yopo, FSM president, Peter Christian, and Air Niugini chief executive officer, Simon Foo.**

new service and my government will continue to work with Air Niugini to ensure the route is sustainable."

Air Niugini chief executive officer, Simon Foo, says demand for the Port Moresby–FSM route is increasing and that the airline will continue to work closely with the FSM government, business community and the tourism sector to ensure the new service grows to the next level.

National Airports Corporation acting managing director, Richard Yopo, says the recent upgrade at Jacksons International airport provides an alternative gateway between the Pacific, Australia and Asia. PNG, as a nation and a good neighbour, will do all it can to facilitate and increase flights to other Pacific islands out of Port Moresby, making it easier for passengers to transfer between the major centres of the Pacific, Australia and Asia, he says. ■

**See our story on page 50, 'Graveyard of ships, planes', about diving in Chuuk Lagoon in FSM.**



**End of an era ... the last of Air Niugini's six Q400 turboprop planes at Jacksons International Airport.**

## AIR NIUGINI FLEET COMPLETES TRANSFORMATION INTO JET AGE

Air Niugini has become an all-jet aircraft company after retiring the last of its six Q400 turboprop planes. The airline's fleet now comprises two Boeing 767s, three Boeing 737s, seven Fokker 100s and five Fokker 70s. Four more Fokker 70s are scheduled for delivery soon.

Air Niugini chief executive officer, Simon Foo, says the Q400 aircraft, used since 2010, served its purpose, however the airline is streamlining its fleet to reduce the variety of aircraft to create commonality in its operations.

"When you have a common fleet of aircraft, you have common spare parts and common crew, including pilots. This results in greatly reduced costs and increased efficiency in operations."

He says that F70 has significant advantages over propeller-driven planes. "A Fokker 70 is a longer-range aircraft than the Q400 and the ATR. It flies faster and higher than the turboprops, shortening journey times."

The Fokker 70 operates on key domestic routes, which the Q400 used to operate, as well as international routes to Cairns, Townsville and Micronesia.

### THE AIR NIUGINI FLEET

- Boeing 767 x2 
- Boeing 737 x3 
- Fokker 100 x 7 
- Fokker 70 x 5 
- + Four more Fokker 70s on order





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Grand opening ... West New Britain Chamber of Commerce president, Ian O'Hanlon, and Air Niugini chairman, Simon Foo, cut the ribbon to open the Paradise lounge at Hoskins.

## NEW AND IMPROVED PARADISE LOUNGES

Air Niugini is pushing ahead with a customer care program to improve its domestic services that includes new and improved Paradise lounges for its Executive Club Members (ECMs).

In recent months, the airline has launched a new lounge at Hoskins airport in West New Britain and refurbished the lounge at Nadzab airport in Lae.

Air Niugini has nine Paradise lounges in its domestic network, including Mount Hagen, Lae, Tokua, Madang, Kieta, Wewak, Goroka, Hoskins and Port Moresby.

Chief executive officer, Simon Foo, says the lounges provide greater comfort for passengers. "ECMs can sit right in comfort with a nice snack and cuppa, while waiting for the aircraft."

Air Niugini has more than 5000 ECMs. Apart from lounge access, ECMs receive preferred seat arrangements, additional baggage allowance, a specific check-in counter, priority check in and access to partner lounges.

**To join or inquire about Air Niugini's Executive Club, phone 327 3453.**

## New chairman for airline group

Air Niugini chief executive officer and outgoing chairman of the Association of South Pacific Airlines (ASPA), Simon Foo, has welcomed the new ASPA chairman, Geoff Bowmaker, who is a veteran of the airline industry and the chief executive officer of Nauru Airlines.

"I am confident he will continue to develop the association's goals to nurture and grow the airline industry in our region."

Bowmaker started as a junior clerk at Qantas in 1968 and worked his way up to senior positions.

He has also held senior positions at Air Namibia in Southern Africa and Air Pacific in Suva, Fiji.

"I am honoured to be elected to lead ASPA for the next 12 months and I appreciate the good work of the previous chairman, Mr Foo, who has greatly assisted my transition into the role," Bowmaker said.

His vision now is to continue to develop the association's goals, including cooperation among airlines for the development of commercial aviation within, to and from the South Pacific region.

ASPA has 13 airline members and 46 industry service provider members.

Its primary role is to serve as a common forum for members' views on matters of common interest. ■



Geoff Bowmaker ... the new ASPA chairman and chief executive of Nauru Airlines.



Leaders of the pack ... (front row, from left) ASPA general secretary George Faktaufon, Air Niugini chief executive officer Simon Foo, and Air Niugini general manager of human resources Rei Logona, flanked by the emerging leaders.

## Taking the lead

Potential future leaders at Air Niugini recently attended an emerging leaders program conducted by the Association of South Pacific Airlines (ASPA).

The airline's 25 emerging leaders were selected 18 months ago, and have been training in Papua New Guinea and overseas.

Air Niugini chief executive officer, Simon Foo, speaking at the ASPA program, said: "I challenge you all as leaders to aim for the chief executive officer post as your ultimate goal and to build a strong management team for the future prosperity of our national airline."

A number of the participants under the program have already been appointed to senior roles in Air Niugini, including senior positions previously held by non-citizens. ■

## Airline roadshow

Air Niugini and its subsidiary, Link PNG, have been on a domestic roadshow to update the business community on the airlines' general business operations, as well as future plans.

The team, led by Air Niugini chief executive officer, Simon Foo, and Link PNG's general manager, Bruce Alabaster, has visited destinations such as Lae, Hoskins, Madang, Goroka, Alotau and Wewak.

Apart from outlining future plans, the airlines have spoken about on-time performance, increased frequencies, seat upgrades and route expansions. ■







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## PARADISE Q&A

# FLOYD SMITH

We talk to the general manager of the Business Travel Centre (BTC), Air Niugini's first travel centre.

**Q: When did the Business Travel Centre open and where is it?**

A: It opened last December at the Waterfront Foodworld Complex, next to the naval base on the Poreporena Freeway in Port Moresby.

**Q: What travel services are offered?**

A: We are a one-stop travel shop that can sell all things travel, including tickets for all airlines. BTC organises air travel, accommodation, transfers, tours, cruises and car rentals. It offers very competitive rates using all international airlines, including Air Niugini. The 16 staff are all ex-Air Niugini trained travel consultants with a combined travel experience of 159 years.

**Q: We understand that BTC is particularly well equipped to deal with corporate business travel. Can you explain why?**

A: We have a dedicated team of five full-time consultants that look after our corporate businesses exclusively, with further assistance from our retail team as

required. All have full access to the corporate accounts, and service these accounts anytime between 8am and 8pm daily.

Handling our corporate business has been streamlined to provide efficient and real-time accessibility with the latest Universal Air Travel Plan (UATP) accounting facility.

This has been well received by our business customers. We consult, for instance, with many fly-in, fly-out workers on remote mining projects. Some of the most travelled routes are between Port Moresby and Lae, Mount Hagen, Rabaul, Madang, Manus, Lihir, Tabubil and Kiunga, and Hoskins.

**Q: Do you find that clients who come to Papua New Guinea on business stay on to explore other parts of the country?**

A: Yes, an increasing number of business travellers are extending their travel itineraries

with add-on leisure travel to take advantage of PNG's unique fishing, diving and surfing adventures and also the rich and diverse cultural activities. Walking the Kokoda Trail also continues to be a huge attraction, growing annually.

**Q: BTC has very long operating hours. Can you give us the details?**

A: We're open seven days a week from 8am to 8pm, including public holidays. BTC also offers after-hours support to the network of Air Niugini offices. In addition to its extended 84-hour work week, BTC has introduced systems to ensure its customers are serviced promptly and efficiently. Customers can contact BTC in person, by telephone or via email. ■

— SUSAN GOUGH HENLY

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“

The 16 staff are all ex-Air Niugini trained travel consultants with a combined travel experience of 159 years.

”



PICTURE: ILLAN KAPRANGI



# Airships over PNG skies?

Hybrid airships look set to make their mark in Papua New Guinean skies over the next few years, providing a new way to carry freight to and from remote areas, and to offer tourism adventures.

PNG is a classic location where airships could play a pivotal role in developing agriculture, mining and tourism, according to Peter Wallace, director of Airships Australasia, which plans to operate airships in Asia and the Pacific.

“Their major advantages are convenience and cost,” he says.

“They don’t require any infrastructure, so they don’t require an airport. All that’s needed is a relatively flat clear ground or water for landing.”

Wallace says the airships will revolutionise the way oil and mining companies haul equipment to remote locations, where there are no roads, or poor quality roads.

“They can move 20 tons of cargo, plus about 20 people, and set down on nearly any flat surface, including sand, and water,” he says. “Their range is up to 3500 kilometres.

“For example, an airship could take all mining personnel and equipment to and from a mine, do initial processing at the mine and transport concentrated ore from the mine. That means a mine could be developed without constructing a road or rail link into a remote area – a major cost saving and maybe the difference between a mine being feasible and not being feasible.

“For a large agricultural project an airship represents a fast way of getting product



Up, up and away ... airships may revolutionise the way oil and mining companies haul equipment to remote PNG locations. Tourism adventures may also be possible.

out at a much cheaper cost than traditional air freight.

“And there’s also the advantage of not having multiple handling, so product wouldn’t be spoilt or damaged as it might be by road transport.”

Hybrid airships use quite different technology to the original airship design, with helium providing 60 to 80 per cent of the lift, and the remaining lift from the aerodynamic shape of the aircraft and its four thrust vectoring engines. The airships also feature a hovercraft-like air cushion landing system that

facilitates taxiing and holds the craft firmly on the ground.

The two developers of hybrid airships are UK-based Hybrid Air Vehicles and US-based Lockheed Martin.

Canadian mining company, Quest Rare Minerals, has become Lockheed’s first customer, signing a 10-year \$US850 million memorandum of understanding for seven airships from 2019. ■

— KEVIN McQUILLAN

## TOURISM SHOW

Papua New Guinea’s tourism offering will be on show during the *Lukim PNG Nau* expo at Port Moresby’s Nature Park from September 24 to 26. There will be displays open to the public, as well as trade days for international travel agents. Airlines, small resorts, hotels and tour operators will be taking part in the expo run by the PNG Tourism Industry Association and PNG Tourism Promotion Authority.

### NUMBER CRUNCH

**108** That’s the number of males to every 100 females in Papua New Guinea, according to the National Statistical Office of PNG. Overall, there are also more men in the world than women. The world sex ratio is 101.78 males for every 100 females, according to the World Data Atlas.



# Teachers in for a lesson

**T**he Kokoda Track Foundation (KTF) is pressing ahead with an urgent training project to up-skill thousands of elementary school teachers across Papua New Guinea.

According to KTF chief executive officer, Dr Genevieve Nelson, there are 600,000 school-aged children who do not attend school in PNG due to the lack of qualified teachers.

And, at the end of the year, more teachers could fall out of the system because of changes to the minimum qualifications they need.

Nelson says there are a large number of teachers across PNG who trained in the past 20 years, but were never given the opportunity to finish their studies.

But the six-week 'Teach for Tomorrow' project now allows them to complete that training.

The project has already put 1200 partially trained teachers through the short course, but the aim is to have another 2500 graduate with a Certificate in Elementary Teaching.

The certificate meets the new minimum qualification needed by December 31 and allows the teachers to remain in the education system.

The project is a collaboration between KTF, the National Department of Education and PNG Education Institute.



Front of class ... Genevieve Nelson addresses more than 500 teacher graduates at the Morobe Teach for Tomorrow graduation ceremony.

Nelson says it has been financially backed by provincial governments, the Australian aid program, and corporate sponsors.

"But we're always needing more help," she says. "This is vitally important to the future education of Papua New Guineans."

Nelson told one group of graduates from the up-skilling project that being a teacher is an honourable role.

"It is one of the most important roles within society. Every week, I entrust the care of my two young daughters to their pre-school teachers. I hope that these teachers will nurture, teach, develop, care for and love my most precious people in the entire world. Never underestimate the enormous impact you have on your students."

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**Lightbulb moment ... (left) a father in Uganda reads to his children with a Solar Buddy light. The lights are being distributed in PNG, too, hand-in-hand with a teacher training program by the Kokoda Track Foundation. Teacher graduates in Bougainville (above).**

The first 'Teach for Tomorrow' course was in Oro Province last year, with 330 graduates. KTF reports that 88 per cent of participants on that course had been working as partially trained teachers for six years or more. KTF has since expanded the project to Gulf, Morobe and Milne Bay provinces, and the Autonomous Region of Bougainville.

KTF was established in 2003 to repay the support given to Australia by PNG during World War 2. Over the years, the presence of the aid and development agency has spread beyond the Kokoda region to include the entire country.

Hand-in-hand with the teacher-training program, the Australian charity, SolarBuddy.org, has been handing out solar lights to the

teachers and school children so they can do schoolwork at night.

Solar Buddy inventor and chief executive officer, Simon Doble, says 17,000 lights have been donated around the globe in less than a year, in what he describes as a battle against 'energy poverty'. About 1500 have been sent to PNG via KTF.

"Around the world, one in five people go to bed in total darkness," says Doble.

In PNG, it's estimated that only about 13 per cent of Papua New Guineans are on the electricity grid and only 3.7 per cent of the rural population is connected.

Children in newly solar-powered homes remain awake longer each day and use 38 per cent of their additional time for studying and reading, according to Doble.


"Our solar lights allow Papua New Guineans to study, prepare lessons or do business at night," he says. "Apart from the education benefits, there are also environmental and economic benefits because people do not have to buy expensive torch batteries or kerosene (for lighting)."

The small lights run off a solar-charged battery that can be re-charged 500 times, providing up to 10 hours of light at a time. Replacement batteries are available.

Solar Buddy works with Australian school children, who assemble the lights, learn about energy poverty and donate the lights to children overseas.

Apart from PNG, the lights have been distributed in Uganda, Ghana, Tanzania, Myanmar, Nepal, Tibet and India. ■

**See [ktf.ngo](http://ktf.ngo), [solarbuddy.org](http://solarbuddy.org).**




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# Tall timber found in PNG

A survey of Papua New Guinea’s lush primary forests has revealed that the country’s mountains may have the largest trees recorded globally at such high altitudes.

The study was led by Dr Michelle Venter, from Canada’s University of Northern British Columbia, and involved the University of Queensland (UQ) and James Cook University.

“Current thinking is that tall mountains make small trees,” Venter says. “However, we recorded more than 15 tree families with individuals growing to 40-metres tall at extreme altitudes, which brings this assumption into question.”

The researchers found that the forest biomass in PNG had a peak at altitudes between 2400 and 3100 metres, altitudes where forests struggle to reach more than 15 metres in other parts of the world.

Dr John Dwyer, from UQ, says researchers became excited when they realised the unique climate conditions found on PNG’s mountain tops were remarkably similar to those of temperate maritime areas known to grow the largest trees in the world.

The world’s tallest known tree is a 115.8-metre coast redwood in California, and the second-tallest is a 99.82-metre mountain ash in Tasmania.

Coast redwoods (pictured) occur at elevations up to about 920 metres, while the Australian mountain ash occurs in cool mountainous areas to 1000 metres, considerably less than the PNG altitudes.

“The study may force a re-think of what we know about the ideal environments for growing very large trees,” according to Dwyer. ■



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# REMOTE LUXURY ECO RETREAT OPENS



Island pleasures ... the Bawah eco retreat is strung out across five previously uninhabited islands.

A luxury eco retreat that can only be reached by seaplane, has opened in a remote part of Indonesia in the South China Sea, 150 nautical miles from Singapore.

Previously uninhabited, Bawah is strung across five islands, has three crystal-clear lagoons and 13 beaches. There are 35 eco-designed suites and overwater bungalows for a maximum of 70 guests.

Materials like bamboo, recycled teak and driftwood are used throughout the property, which also includes an infinity swimming pool.

There's also a holistic wellness centre where you can personalise yoga, pilates, meditation, and reiki sessions from sunrise

to sunset; an Asian-fusion restaurant that uses locally grown ingredients; and a wood-panelled library in the tree tops, stocked with a diverse collection of natural history, architecture, and classic literature, plus maps and guidebooks.

Guests can unwind with cocktails at the Grouper Bar, Jules Verne Bar, and Boat House Bar. These uniquely themed bars are situated in different zones on Bawah, each offering beautiful and distinctive sights of the surrounding islands.

Fishing and anchoring in Bawah's waters are forbidden, and to protect the abundance of flora and fauna, including butterflies, no pesticides are used.

Unspoilt eco luxury comes at a price. A night for two people costs from \$US1960 (PGK6235), including accommodation, transfers, meals and non-motorised activities.

To access Bawah, it's best to travel via Singapore, take a short ferry ride to Batam Island, Indonesia, and then a 70-minute flight on Bawah's private seaplane.

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

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


## PERCHED ON THE EDGE

Ulu Cliffhouse (pictured), a beach club with jaw-dropping views, has opened in Bali. With direct beach access, it includes a 25-metre infinity pool, a day spa, a boutique store and a terraced restaurant.

It also provides a base for Bali's creative communities with a recording studio, a curated gallery space and an in-house surfboard shaper. The recording studio

will foster a live music program that Ulu hopes will establish it as one of Bali's leading music venues.

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

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# TRAVELLER

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PORT MORESBY



HONG KONG



BRISBANE



TOKYO



MACAU



BALI

From Port Moresby to Hong Kong, Mary O'Brien interviews locals to find out the best things about their cities.

## CITY SECRETS







Leanne Jorari ... TV producer and presenter for EMTV (below); she likes Duffy's for its ambience and pastries (above).

## PORT MORESBY

“

Port Moresby is a melting pot of people and culture.

The majority of residents aren't originally from Port Moresby, but we are fiercely loyal to her.

”

### The local: Leanne Jorari

**What she does:** TV producer and presenter at EMTV; from the Oro Province but born in Port Moresby and raised across the Pacific.

### What do you love about Port Moresby?

I love that Port Moresby (POM) is a melting pot of people and culture. Not everyone looks the same or speaks the same language. Most POM residents aren't originally from Port Moresby or the Central



Province, but the city has become our home and we are fiercely loyal to her.

### Your favourite hangout?

I love drinking coffee and tea, and the best place for specialty coffee, with decent ambience and great customer service, is Duffy's. The Harbourside location has amazing views of the water and is within walking distance to other restaurants, just in case you want something more filling. The Duffy's

at Gordon is closer to my workplace and therefore more convenient.

### A night out with the girls?

Girl's nights typically involve dinner and cocktails or, if we're feeling social, out to a club for some dancing. Port Moresby now has a wide variety of restaurants to choose from so we usually just decide by whatever we're craving on the night. If it's Indian, then definitely Tasty Bites Indian Restaurant in town; if it's an all-you-can-eat buffet, I like the restaurant at the Stanley Hotel, or Kopitiam at Gordon's Industrial, if we're after something low key and low budget.

### Place to relax?

Afternoon drives up the Magi Highway. That's not one 'single' place but generally just driving up the highway with the landscape and the villages along that route is just magical, especially on a quiet Sunday afternoon. The drive can do wonders to your soul. And the roadside markets are a bonus.

### Culture fix?

Tabari place, Boroko. It's right near where I work so if I'm looking to buy something for my family or

friends overseas, or even just to buy myself a new meri-blouse, I can just walk up and shop to my heart's content. Like everywhere else in POM, you have to be vigilant because of the loiterers.

### Place that most surprised you?

Second-hand shops in Papua New Guinea are amazing. I wasn't much of a second-hand or thrift shop kind of shopper before, until a friend, who is always dressed to the nines, took me to a second-hand shop at Garden City in Boroko and I got hooked. You'll find near-new dresses and tops, suede boots and just about anything you want.

### Best-kept secret about Port Moresby?

There is a great bar/hangout called Red Rock Bar, along the Magi Highway on the outskirts of town, just a stone's throw from Six Mile. Grab some beer with some mates and enjoy the 360-degree panoramic views of the countryside. ➤



City secrets



HONG KONG

“ I like to go to Cheung Chau Island. It’s mostly fishermen who live there. You can circle the island in an hour – or you can rent a bike.

”

**The local:** Sidney Luk

**What he does:** A Hong Kong tour guide who was born in the city and has lived there most of his life, except for a few years in France.

**What do you love about Hong Kong?**

The people. It’s a very attractive, busy city, but if you ask people for directions they will stop and try to help you. Their smiles come from the heart. People work very hard here, but on Sundays they go to Stanley or Repulse Bay to relax.

**Your favourite hangout?**

I like to go to Cheung Chau Island. It’s mostly fishermen who live there but people are friendly and less stressed. If you walk, you can circle the island in an hour – or you can rent a bike. Don’t miss the row of seafood restaurants on the waterfront.

**A night out with the boys?**

The Jumbo floating restaurant in Aberdeen is an iconic Hong Kong experience. It’s easy to get a seat and the dim sum is good. I also like

three hours, through Pok Fu Lam Country Park. If the weather is nice, I go to the beach at Repulse Bay, Shek O Beach or Stanley.

**Culture fix?**

Chi Lin Nunnery is a Buddhist temple in Kowloon near Diamond Hill. It’s a beautiful building, dating from the 1930s but was rebuilt in 1998 in Tang Dynasty style. It’s surrounded by lotus ponds and bougainvillea. I also like Wong Tai Sin, a Daoist temple, nearby.

**Place that most surprised you?**

The art galleries and cafes in industrial Wong Chuk Hang. I used to live there so it was really surprising to visit 3/3rds cafe at the top of Yally Industrial Building recently. I was familiar with the area but not from the rooftop angle. It shows Hong Kong is changing all the time. I would

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Sidney Luk ... Hong Kong tour guide (above left); likes the Peking duck at Star House in Kowloon.

Peking Garden at Star House in Kowloon. It’s famous for its Peking duck and there’s no need to order it in advance. Skye Restaurant in Causeway Bay is good for a special night too.

**Place to relax?**

I like to go to The Peak (Victoria Peak) where I can look out over Hong Kong and Kowloon. Lockhart Road is flat so you can walk around The Peak easily. Or you can hike down to Aberdeen, which is about

never have dreamed there would be a cafe there.

**Best-kept secret about Hong Kong?**

People don’t realise there are natural places in Hong Kong. It’s not all tall buildings and a cement jungle. There are beaches and hiking areas only half an hour away. If I have time, I like to go for a four or five-hour hike on the Sai Kung Peninsula, which is unspoilt.





City secrets

BRISBANE

“

There are so many great cafes and restaurants with outside areas that let you enjoy the great Brisbane weather.

”

**The local:** Li Cunxin

**What he does:** Queensland Ballet artistic director. Author of best-selling book *Mao's Last Dancer*, Li moved to Brisbane in 2012.

**What do you love about Brisbane?**

The great thing about Brisbane is that, although it's smaller than other cities I have previously lived in and much more relaxed, it's still quite cosmopolitan. There are so many great cafes and restaurants here now – and so many have outside areas that let you enjoy the great Brisbane weather. To me, it's the perfect balance of relaxed with bustling and energetic. I love Brisbane people, they're wonderfully hospitable, friendly and generous. I love the sense of space – it's never too crowded. And I love the river. The water adds beauty and tranquillity to the city. Finally, I love Brisbane for its enormous potential and bright future.



**Your favourite hangout?**

Coffee at Portside Wharf by the water, followed by seeing a movie at the cinema there.

**A night out with the boys?**

Urbane or Stokehouse Q. Stokehouse Q has unbeatable views of the river that make dining there an absolute joy. Urbane has a great ambience and an always interesting multi-course menu (for both meat-eaters and vegetarians). It has an excellent wine list that never disappoints. Both have impeccable service, which is something I value greatly.

**Place to relax?**

Noosa and Coolangatta; both are only about an hour's drive from Brisbane.

**Culture fix?**

Due to my role as artistic director of Queensland Ballet,

I get to experience a lot of the amazing offerings of our city's cultural institutions. I always appreciate any work by our fellow performing arts companies, be it theatre or music. I thoroughly enjoy the great cultural precinct that takes in our galleries, museum and our second home in the Queensland Performing Arts Centre.

**Place that most surprised you?**

Philip Bacon Galleries is a surprise discovery. I'm incredibly impressed by its elegant display and the high standard of the artists' works.

**Best-kept secret about Brisbane?**

Sam's Seafood has the best fresh oysters, prawns and sometimes outstanding muddies (mud crabs). I shop there almost fortnightly for the best-quality seafood. It's a favourite destination to get the right ingredients for the perfect Sunday brunch with family and friends. ➤

**Li Cunxin ... Queensland Ballet artistic director (right); one of his favourite restaurants, Urbane (above); a dish from Urbane (left).**



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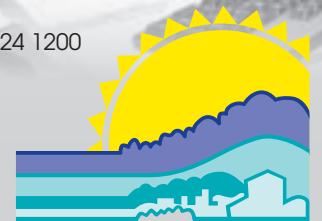
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City secrets



Janet DeNeefe ... founder/director of the Ubud Writers Festival (below left); Tandjung Sari Hotel (above); local bites (below).



BALI

“

I love the food of course. My waistline is in constant lament.

”

**The local:** Janet DeNeefe

**What she does:** Founder/director of the Ubud Writers Festival, owner of Casa Luna restaurant. She has lived in Bali for more than 30 years.

**What do you love about Bali?**

I love the laid-back way of life that is also very warm and human. I spend a lot of my time attending ceremonies – even though I don't always feel like going, the investment made in family and community is always worth it. I love the food, too, of course. My waistline is in constant lament.

**Your favourite hangout?**

Sengkidu by the sea, near Candidasa, is an absolute

fave hangout that is relatively quiet and tucked away. If time permits, I stay overnight at Amarta Beach Inn Bungalows for the full tropical sleep-under-palm-trees beachfront experience. If not, I take a day trip there and swim in the crystal clear waters, then have lunch at the Amarta restaurant, which is pretty good because it is run by a French woman – meaning you can get a decent chilled glass of wine.

**A night out with the girls?**

Nowadays, a night out with the girls in Ubud means margaritas and mahjong. And Bar Luna, in the basement of Casa Luna, is where we meet, for a night of serious fun. Apart from my own places for happy hour, Bridges also has a super-charming bar that is perfect for an intimate tete-a-tete. The Night Rooster bar in Jalan Dewi Sita is a new kid on the block that dishes out all sorts of groovy,

plant-based cocktails till late, in a cosy, modern setting.

**Place to relax?**

My ultimate relaxation is to lie by the beach and read a book. The ocean never fails to clear my mind of 'stuff', especially post-festivals, and Tandjung Sari Hotel in Sanur

is my ultimate favourite for this. You can't go past their elegant Balinese-style charm, attention to detail and seaside location with a view of the lofty Mount Agung. Their Indonesian food is fantastic too.



**Culture fix?**

I love going to Neka Museum in Ubud. Within its network of small buildings, you will find the most comprehensive display of Balinese artwork, from traditional to contemporary, with exceptional paintings by Donald Friend, Arie Smit, Willem Hofker and other western artists lured by the beauty of Bali. ➤







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City secrets

**Place that most surprised you?**

The Bali Safari Park is surprisingly good with an amazing collection of jungle animals, including, white tigers, who actually look pretty happy. It is Bali, after all. The park is perfect for children and families.

**Best-kept secret about Bali?**

Denpasar is Bali's best-kept secret. I love the traditional food and *warungs* (small family owned businesses) that are tucked away in the back streets near the central market. If you want an authentic Indonesian experience, this is the place. It's old-world Bali of the most delicious kind.

**MACAU**

**The local:** Karen Kang

**What she does:** Public relations director at St Regis Hotel. She



was born in Malaysia, grew up in Sarawak and has lived in Macau for two years.

“ I like to eat Portuguese food at A Petisqueira or Antonio's. The chicken wings at Old Taipa Tavern are excellent. ”

**What do you love about Macau?**

It's a little bit of Europe, China and Asia – a melding together of Western influence and Asian culture. Macau is small, it's hidden

away and in Hong Kong's shadow. You can get lost but you won't be lost.

**Your favourite hangout?**

On weekends, Coloane Island is great because it's never too packed. I like breakfast at Lord Stow's new garden cafe behind the bakery (famous for Portuguese egg tart). There are good fruit and vegetable shops in the village. It's nice to swim at Cheoc Van pool on the beach, or eat at Miramar restaurant.

**A night out with the girls?**

I go to Taipa Village. I like to start with an early drink before the sun goes down at one of the rooftop bars such as Casa de Tapas. Near the market there are some local little Chinese restaurants that have plastic chairs and are very reasonably priced. I also like to eat

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City secrets



Karen Kang ... St Regis Hotel public relations director (left); one of the 'beautiful squares' in Macau (above).

Portuguese food at A Petisqueira or Antonio's. The chicken wings at OTT (Old Taipa Tavern) are excellent.

**Place to relax?**

I walk around Nam Van Lake and look at the colonial houses on Penha Hill. There are great views of Macau from Our Lady of Penha church without the bustle of Senado Square.

**Culture fix?**

Taipa Houses Museum is fascinating, with its mix of Catholic and Chinese beliefs. We also have some top shows in Macau such as the House of Dancing Water – I took my parents there recently. The Monkey King show is great for families. Last year the Philadelphia Orchestra and Lang Lang performed.

**Place that most surprised you?**

We have beautiful Portuguese squares in Macau. I didn't expect to find the Portuguese influence so prominent still. A lot of the words in Bahasa come from Portuguese words, which I didn't know until I came here.

**Best-kept secret about Macau?**

I'm not the most outdoorsy person but we have some beautiful walking trails. I've done the eight-kilometre Coloane Trail around the hills on the island. There's a great coffee shop near the old ship-building area, Hon Kee Coffee, where they grind and brew their own coffee and the food is very local. They do the favourite Macanese breakfast of macaroni soup. ▶

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City secrets



TOKYO

“ There are several natural hot springs in the middle of the city: you can bathe while looking at a beautiful Japanese garden. ”

**The local:** Kayoko Ohtsuki  
**What she does:** Architect and founder of BAKOKO Design Development. She has lived in Tokyo for eight years.

**What do you love about Tokyo?**

I love Tokyo because it is a city where the traditional and modern coexist. I particularly like the downtown (*shita-machi*) areas of Asakusa, Yanaka and Ueno where the character of the old town still survives. I also like Kagurazaka where Japanese and Western cultures coexist: it retains the atmosphere of the Japanese Hanamachi (geisha teahouse district) with a significant French presence.

**Your favourite hangout?**

I enjoy exploring Omotesando (where I used to go to school), Daikanyama and Nakameguro since these areas are constantly changing. There are lots of stylish cafes and shops around Cat Street, which attracts hipster types. I also like to hang out around the Yanaka/

Nezu area, where the traditional architecture is preserved. It feels like going back in time.

**A night out with the girls?**

I usually go to dinner with my friends. I love to explore good restaurants such as Tofuya Ukai, Insho Tei and Cicada with them and enjoy girl talk over gourmet foods. I also like to go to exhibitions and concerts at Chanel Nexus Hall with them.

**Place to relax?**

I love having picnics in Chidorigafuchi, Yoyogi, Shinjuku Gyoen and Ueno parks and the Midtown Garden. These are all famous for *ohanami*, cherry blossom viewing, during spring. If I want to get away, I visit beaches in Onjuku, Chiba and Kamakura and Kanagawa. ➤

Kayoko Ohtsuki ... co-founded her own architecture practice.

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City secrets

**Culture fix?**

There are so many interesting museums and galleries in Tokyo. For architecture, I visit Nezu Museum, Shoto Museum and 21-21 Design Sight. Gallery Ma, Mori Art Museum, Bunkamura Museum and National Art Centre Tokyo show creative exhibitions.

**Place that most surprised you?**

Amazingly, there are several natural hot springs in the middle of the city. Tokyo Somei Onsen Sakura in Komagome offers the traditional Japanese outdoor hot spring experience: you can bathe while looking at the beautiful Japanese garden and, in the spring, the cherry blossoms. There is also a black water hot spring, Jakotsuyu Sento

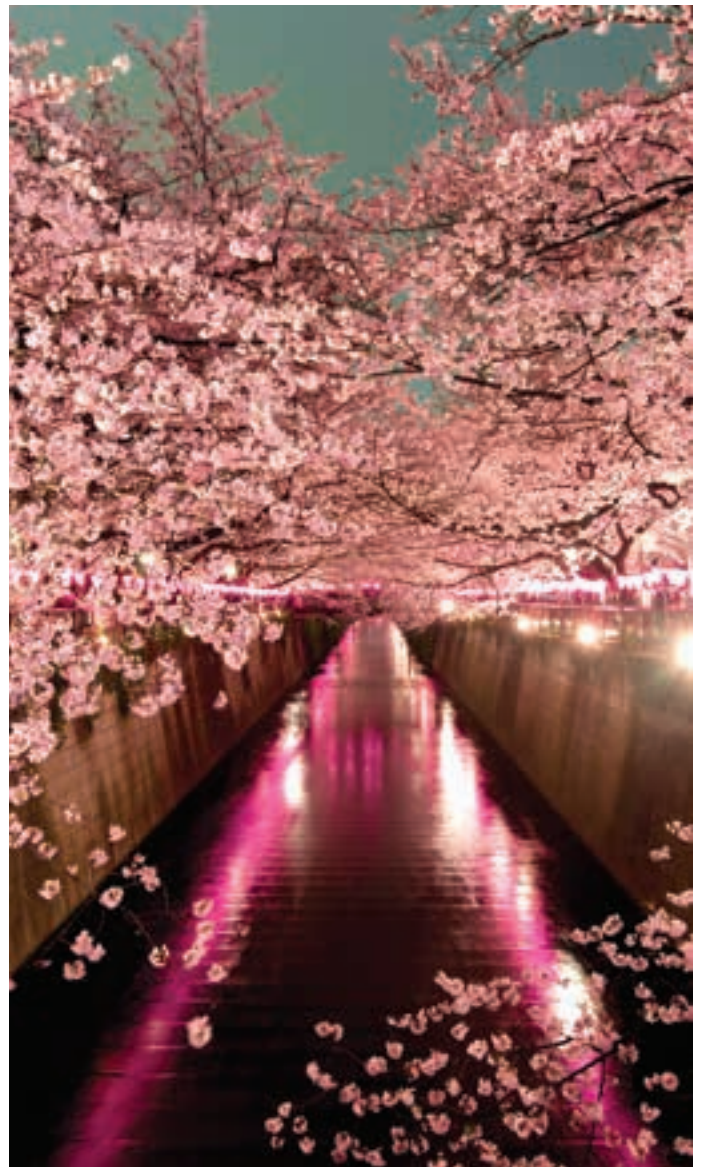
in Asakusa, which has been around since the Edo period.

**Best-kept secret about Tokyo?**

Atago Shrine is a small but charming Japanese Shinto shrine in the business district near Toranomon. It's famous for its long, steep, ancient stone staircase – the *Shusse no Ishidan* (stone staircase of success). People believe that climbing the staircase without any rest and praying at the shrine will make them successful. There is also a tranquil Japanese pond where colourful *koi* fish swim. Whenever I visit to pray and meditate, I feel refreshed. It is the shrine where I had my wedding ceremony. ■

– WITH ROBERT UPE

Cherry blossoms ... a Tokyo sight to behold in spring.



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**WHAT OUR LOCALS LIKE**

- Coffee at Duffy's in Port Moresby.
- Sleeping under palm trees on the beach in Bali.
- The sweeping city views of Hong Kong from Victoria Peak.
- Mud crabs in Brisbane.
- Spectacular shows, such as the House of Dancing Water, in Macau.
- Cherry blossoms in Tokyo parks.

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# A PNG SHOWCASE

The Goroka Show is one of PNG's biggest cultural festivals. *Susan Gough Henly* reports.

PICTURES: KERYN HARGREAVES; DAVID KIRKLAND, PNG TOURISM PROMOTION AUTHORITY

**P**apua New Guinea's longest-running annual cultural festival,

the Goroka Show, now in its 61st year, takes place in all its technicolour glory in Goroka in the Eastern Highlands on the weekend of September 15–17. Dubbed the most colourful show on earth, it is one of the key events of PNG's Independence Day celebrations.

Started in the 1950s as a means of gathering together different tribes and clans, today it has

evolved into one of the country's major tourist attractions. The show attracts spectators from all over PNG, as well as hundreds of international travellers.

More than 100 tribes perform extraordinary *sing-sings*, traditional songs and dances in spectacular tribal regalia, to the beat of distinctive *kundu* drums. In a country renowned for its brightly coloured birds and butterflies, there is no surprise that this festival is so creative and flamboyant.

The three-day event starts with the Pikinini

Festival, which focuses on educating children about their cultural heritage. Some of the cutest kids on the planet showcase their dance moves with painted faces and traditional dress.

This is followed by two days of performances by a wide diversity of tribal groups showing off their vibrant cultural costumes, many with brightly coloured feathers and striking face paint.

Some of the most distinctive groups include the Simbai Beetle Dancers whose headdresses are made of hundreds of tiny green beetles

**All the colour of the show ... scenes from the Gorokoa Show, one of the biggest cultural gatherings of tribes and clans in PNG.**







assembled to form the shape of giant beetles on the wearers' heads. The Huli Wigmen sport wigs, which take fellow tribesmen 18 months to grow, dotted with feathers and shells. Their faces are painted red and butter yellow and each has a cassowary feather through the nose. Their grass skirts are adorned with belts of dangling pig tails.

The Mudmen from the Asaro Valley wear distinctive masks made from a cream clay baked in the sun. Their bodies are also painted with clay and they creep around with bows and arrows. ➤





A PNG showcase

The Oro Butterfly Dancers (from the southeast coast where the world's largest butterfly, the Queen Alexandra's birdwing butterfly, is found) are renowned for their tapa cloth and tattoos, while the Whip dancers from New Britain feature heavily painted, coiffed young men who are whipped as part of an initiation ceremony.

Popular events for local show goers include flower displays, a greasy pig competition where

people line up to try and catch a grease-covered pig (the winner gets the pig), target shooting, wood chopping, pony rides, magicians, pillow fights and fireworks.

A wide range of art and craft is on sale, including hand-woven *bilums* (baskets), masks, bows and arrows, kina shell necklaces, beads and much more.

There is also a tantalising array of local foods

including *kaukau* (sweet potato), lamb flaps, *bambu* (meat and greens cooked inside a tube of bamboo over a fire) and *wan maus*, Pidgin for 'want more', which in this case means bite-size mouthfuls of meat wrapped in greens. ■

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

IF YOU GO

STAYING THERE

Local accommodation includes the Bird of Paradise Hotel ([coralseahotels.com.pg/index.php/locations/bird-of-paradise-hotel](http://coralseahotels.com.pg/index.php/locations/bird-of-paradise-hotel)), Pacific Gardens Hotel ([pacifichotel.com.pg](http://pacifichotel.com.pg)), Lutheran Guest House ([luthguesthausgka@global.net.pg](mailto:luthguesthausgka@global.net.pg)), Emmanuelle Lodge ([emmanuelodge@global.net.pg](mailto:emmanuelodge@global.net.pg)).

[net.pg](mailto:net.pg)), Kanda Rest House ([kanda@global.net.pg](mailto:kanda@global.net.pg)), GK Lodge ([gklodge.net](http://gklodge.net)) and Red River Lodge ([redriverlodge@live.com](mailto:redriverlodge@live.com)).

Many hotels are booked two years in advance.

GETTING THERE

Apart from Air Niugini flights from Port Moresby to Goroka,

there is access by road from Lae, Madang and Mount Hagen.

SHOW TIPS

To ensure an enjoyable time, book your flights and accommodation in advance. It is worth arriving at least a day before the show starts because fog can mean that flights are delayed or cancelled.

SHOW PASS

Invest in VIP passes for all three days of the show. You can buy these on arrival either at the Bird of Paradise Hotel or the show grounds, where the lines can be long.

MORE INFORMATION

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

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# CAKE AND TEA, FIJIAN STYLE

*Fiona Harper* visits Lo's Tea House in Fiji, where the chocolate and banana cake, served with lemon-leaf tea, has become as legendary as the smiley host.



**"B**ula bula, welcome to Lo's Tea House," says Loraina Masibuli as we walk into Enedala village on Nanuya Lailai Island. "Call me Lo," she says with a dazzling smile.

Twenty minutes earlier we had left behind the tranquil waters of Fiji's famed Blue Lagoon Beach Resort, taking a well-trodden path through a coconut plantation, down a valley, across a river and over a ridge to get to the tea house.

Even by Fijian standards, Enedala village is tiny. It has just 11 families and 30 people. Lo

sits us down inside and away from the blustery southeast trade winds that buffet the beach a few metres from her door. She tells us how she established the teahouse with her husband, Voka, 16 years ago.

"My husband is a chief at Nabukero village near the Sawa-i-lau Caves in the northern Yasawa Islands," Lo says. His chiefly duties keep him from home most of the time so that he returns to Enedala village just once a month. With her husband absent, the first 10 years were tough for entrepreneurial Lo as she established the business. Visitors were sparse

in the early days, sometimes just two or three each week.

"I didn't have anything in the beginning, I had to borrow everything to get the tea house started," Lo explains.

She says she would go to nearby tourist resorts to encourage travellers to visit her.

In recent years, Lo's star has risen. Travellers come from across the globe to indulge in her special chocolate and banana cakes, served with traditional lemon-leaf tea. "The tea is the best. It makes you healthy and strong," she says.

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She ducks outside to a healthy looking shrub and plucks a handful of leaves from the bush.

Lo's charmingly ramshackle tea house interior walls are lined with cotton cloth in colourful Fijian designs. External walls are clad in clapboard painted a vivid lime green and trimmed with burgundy shutters. Beach sand that clings to our feet is as welcome inside as the hermit crabs that wander in confidently. As we sip tea and tuck into a generous wedge of chocolate cake dripping with chocolate frosting, Lo reveals the secret to the rich smokiness of her cake.

"My secret ingredient is fresh coconut milk straight from the coconut," she says. "We have plenty of coconuts here," she laughs, spreading her arms wide to indicate the coconut palms that dominate the landscape.

Shunning modern conveniences, Lo's cakes are baked as her grandmother did, in a cast-iron pot over an open fire. "I bake my cakes using firewood, rather than using gas, which gives them a special taste," she says.

Our conversation is interrupted by Lo's four-year-old granddaughter who waltzes in, red ribbon in her hair. "This is my naughty granddaughter Mili," Lo says. "She's interested in the guests who come to the tea house. She runs out greeting them bula, bula, bula," Lo laughs, pulling Mili into her lap for an affectionate hug.

Lo's is the kind of place where you could easily while away a few hours, laughing and chatting in true Fijian style. "I am very happy," Lo sighs contentedly. So too are her guests. ■

**Lo's Tea House is on the southeast coast of Nanuya Lailai Island in Fiji's Yasawa Islands. Open daily.**

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

**Cake and smiles ... Loraina Masibuli with her granddaughter Mili (right); a generous wedge of the chocolate cake, cooked in the traditional way (opposite page).**



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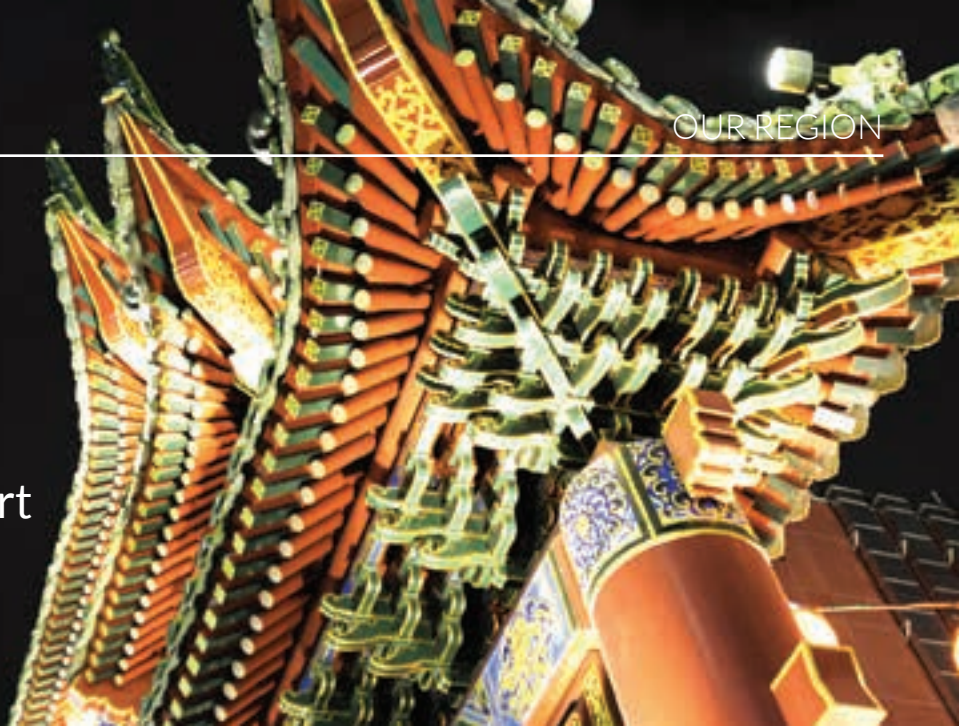
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# A mixed bag in Yokohama

Just outside Tokyo, this port town is a blend of the traditional and modern.

*Julian Ryall reports.*



Nowhere in Japan are the old and the new, the homegrown and the foreign, the modern and the traditional brought together as in Yokohama.

Other cities in Japan do not seem to care that they have lost their souls to concrete and glass blocks that tower over temples, traditional gardens and the narrow back streets of age-old *shitamachi* districts.

And while Yokohama's skyline has certainly changed, the city's elders have managed to link progress to the city's history, making it arguably the most international and culturally diverse metropolis in the country.

Home now to more than 3.7 million people, Yokohama is Japan's second-largest city. But in 1849, it was a sleepy village of around 100 homes whose inhabitants made a living as fishermen supplying the city that was growing into Tokyo, less than 30 kilometres away.

Fate intervened in that year, when US Navy commodore Matthew Perry landed a few kilometres to the south and requested that Japan open up to international trade after 200 years of self-imposed isolation.

Four years later, the Tokugawa shogunate agreed to transfer international access to Yokohama, and the hamlet began its evolution.

Today, the oldest reminders of the roots of Yokohama's foreign community – when it was a gated foreign settlement in the Kannai district, where the baseball stadium now stands – have been preserved in The Bluff district.

Overlooking the Nakamura River and the up-market Motomachi shopping street – where shops sell Mikimoto pearls and Kitamura handbags – the hill rises to the area where

embassies and the homes of wealthy business people were constructed, taking advantage of the cooler summer breezes and overlooking all that went on in the harbour.

A good portion of The Bluff is taken up by the heavily wooded Yokohama foreign general cemetery. And while a visit may sound macabre, it provides a fascinating glimpse into the lives of people who have made this city their

“

“Home now to more than 3.7 million people, Yokohama is Japan's second-largest city.”

”

home down the years. The 4200 tombs include adventurers, sailors, artists and ordinary folk – including many who were victims of the 1923 Great Kanto earthquake.

The quake triggered fires and a tsunami. With so many buildings in the old waterfront district destroyed, it was decided that the debris would be used to construct an open area on the seafront, known as Yamashita Park. It is a favourite today among young couples: the waves lap the stonework and buskers perform amid fountains and a rose garden. Moored off the front lies the *Hikawa Maru*, a luxury passenger liner launched in 1929 to sail between Japan and the US.

In its heyday, the liner carried royalty and stars of the silver screen – including Charlie Chaplin.

Today, it is protected as a time capsule and visitors can see its state rooms, smoking lounges and stand on the bridge – before stopping by the stern promenade deck for ice-cold beers and traditional Japanese summer snacks accompanied by a live jazz band.

Just inland from the park stands the renovated Marine Tower. At 106 metres, it is listed as the tallest lighthouse in the world – and a block further inland is the buzzing Chinatown district.

The boundaries of the district are marked by four main gates and six smaller but equally elaborately designed entrance ways. The four larger gateways are sited at the four points of the compass and invoke demi-gods, such as dragons and tigers. Similar traditional architectural designs form part of the Kantei-Byo Temple, constructed in 1862.

Other parts of the city have undergone significant redevelopment in recent years, such as the Bayside Area, a reclaimed island that was already home to the vast World Porters shopping mall – with arguably the best sushi in Yokohama at the Misaki-Megumi restaurant – and the Yokohama Cosmo World theme park, which can be spotted from anywhere in the city thanks to its colossal Ferris wheel.

The area around the main train station is home to some of Japan's top department stores, but venture a little further away and explore the streets where the uniquely Japanese game of *pachinko* pinball is played in raucous arcades, and stalls sell grilled *yakitori* skewers. ■

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







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# 10 Cook Islands revelations

PICTURES: COOK ISLANDS TOURISM, MATTHEW ELLIS

Cook Islands landscape ... a green hinterland and tall mountains surrounded by the Pacific Ocean.

They're just a bit further away from Port Moresby than Fiji, but the Cook Islands are unknown to many travellers. *Craig Tansley* was raised on Rarotonga, the biggest of the 15 islands in the chain, and tells why it's worth visiting his home.





“

The lagoon is home to a collection of small uninhabited islets (*motu*) you can travel between on a day tour, or by chartering your own speedboat.

”

### 1 It's like a mini-Tahiti, minus the price tag

Tall mountains, a green hinterland, a blue lagoon and a fringing reef – Rarotonga's just like a smaller version of Tahiti, only without the prices. Tahiti is the most expensive island in the Pacific, whereas the Cook Islands are reasonable (think \$NZ5 for

a beer, about PGK12). What's more, the Cook Islands and French Polynesia share so many of the same characteristics – they have the same national dish (raw fish cooked in lime juice with coconut milk), the same kind of national flower (*tiare tahit* and *tiare maori*) and the same evocative dance.

### 2 It's small and easy to navigate

Other islands throughout the South Pacific, like Samoa and Fiji, require visitors to spend plenty of time in vehicles getting from attraction to attraction. Not Rarotonga. It's just 69 square kilometres, and you can drive around the whole island in

30 minutes. What's more, the speed limit's a leisurely 50kmh, meaning it's the perfect place to hire a scooter. It also means the best place for sunrise is no more than 15 minutes from the best place for sunsets. ▶





10 Cook Islands revelations

**3 You'll find the best sunset bars in the Pacific**

These are the sunset bars of your imagination – the sort conjured up in the pages of a Somerset Maugham novel (who visited here in the 1930s). Try The Waterline (waterline-restaurant.com), Wilson's Bar (castawayvillas.com) and Aro'a Beachside Inn's Shipwreck Hut (aroabeach.com/shipwreck\_hut.htm) along Rarotonga's west coast in the district of Aorangi. You can sit and watch sunset with the locals, while

listening to local musicians. Happy hours make for cheap cocktails and interesting conversation, as families fossick for limpets on the reef in front.

**4 There are islands with no other tourists**

You could spend all your time on Rarotonga, but you can find islands where as few as 20 tourists visit all year, all within an hour's plane ride. On islands like Mitiaro, Mangaia and Atiu you're likely to be the only tourist there.

You'll get an insight into traditional Polynesian family life. Rarotonga's surrounding islands offer a fascinating insight into how life was, as well as offering perfect uncrowded beaches, swimming holes, underground caves and rare endemic birds. ➤





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10 Cook Islands revelations

**5 It's one gigantic whale sanctuary**  
 The Cook Islands sit in over two million square kilometres of Pacific Ocean – all of it classified whale sanctuary. Because the ocean beside the islands slopes down drastically, humpbacks swim exceptionally close to shore. On Rarotonga's northern coastline you can see whales 100 metres from the beach. Or go on a whale-watching boat tour (bluewatertours.com).

**6 No high-rise buildings or peak-hour traffic**  
 There are twice-daily peak-hour traffic jams in nations all over the Pacific and you'll find high-rise hotels spread throughout the islands of Melanesia and Polynesia. But not in the Cook Islands. The constitution states no building be taller than a coconut tree – and there are no chain hotels anywhere. And because there's no major urban space, Rarotonga is free of any peak-hour traffic – just keep an eye out for wandering pigs.



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10 Cook Islands revelations



**7 Fish like the Polynesians**  
 Go deep-sea fishing with locals who shun technology and use traditional techniques to locate fish. So don't expect morning tea and polite chat, this is serious stuff and when the biggest tuna, or *mahi mahi*, in the sea takes your hook, you better pull it in so you don't disappoint the locals ([fishingrarotonga.com/FishingRarotonga.html](http://fishingrarotonga.com/FishingRarotonga.html)). ➤

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10 Cook Islands revelations

**8 Cook Islanders are the extroverts of the Pacific**

Eating out is the national pastime in Rarotonga – for such a sleepy place, Rarotonga boasts the most lively bar scene of anywhere in the South Pacific. There are beachside bars all over the island, including the South Pacific’s most iconic institution, Trader Jacks (traderjacks.cookislands.com) built right on Avatiu Harbour. You’ll also find some great restaurants on Rarotonga. Try Polynesian dishes with a modern twist in an old colonial home on the lagoon at Tamarind House (tamarindrarotonga.com), a local favourite.



**9 You’ll find the prettiest lagoon in the South Pacific**

Bora Bora’s lagoon might hog the limelight, but Aitutaki’s gigantic, equilateral-triangle-shaped lagoon has no five-star hideaway resorts, meaning visitors have open access to every centimetre of the lagoon. It’s home to a collection of small uninhabited islets (*motu*) you can travel between on a day tour, or by chartering your own speedboat.

You can sail or kite-surf between the islets – the lagoon’s one of the world’s kite-surfing hot spots. The concept for *Survivor* was born here with British TV series *Shipwrecked* in 1999, and a series of *Survivor* was filmed here in 2006.

**10 It’s a diving hot spot**

Because the Cook Islands drop straight into 4500-metre-deep ocean, divers experience some of the steepest oceanic drop-offs in

the Pacific. There are over 30 dive sites across Rarotonga and Aitutaki, which suit everyone from beginners to experts, and most sites are less than 10 minutes by boat. The water temperature sits between 23 and 28 degrees year-

round, and water visibility is usually around 60 metres. You’ll see hundreds of fish species and over 70 types of coral (diverarotonga.com, pacificdivers.co.ck). ■

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DISCOVER MORE BEHIND THE STAR

# GRAVEYARD OF SHIPS, PLANES

**Ken Hoppen delves into the depths of Micronesia's Chuuk Lagoon, which is littered with World War 2 wrecks.**

For two days in 1944, all hell rained down on Chuuk Lagoon. Operation Hailstone, sometimes called the 'Japanese Pearl Harbour,' was a World War 2 airstrike by the US.

The airstrike effectively wiped out this part of Micronesia as a major base for the Japanese war effort. The Americans destroyed three airfields, many aircraft, buildings, and gun emplacements; and sunk over 40 ships in the lagoon.

The ships now serve as a reminder of turbulent times. Amazingly well preserved, considering their time in a saltwater environment, they act as a beacon to divers and are Chuuk's main tourist attraction, making it the best wreck-dive location in the world.

One of the most comfortable ways to access the diving is on the luxury live-aboard dive vessel, the *Odyssey*.

It has spacious accommodation for 16, a large dive deck, beautiful lounge and dining areas, great meals and excellent dive guides. Their dive briefings are the best that I have experienced, and the dive sites match the standard of the vessel.

“  
One of the most comfortable ways to access the diving is on the luxury live-aboard dive vessel, the *Odyssey*. Their dive briefings are the best that I have experienced, and the dive sites match the standard of the vessel.”

Most of the vessels sunk here were passenger liners, converted into cargo ships and submarine tenders. There are a few destroyers, and a submarine too, though most of the warships had left the harbour just before the attack.

Many of the wrecks are for experienced divers, with the average depth of diving more than 30 metres. There is plenty to see outside the wrecks, but more experienced divers can head inside to see the cramped spaces of the holds and engine rooms.

In such tight spaces, a diver's finning technique must be perfect to avoid stirring up the silt and rust that lies on the bottom in all of these rooms. Those that can't, quickly find that the visibility is reduced to zero as the muck clouds the water, making the wreck a very dangerous place to be in for the unwary. Thankfully the *Odyssey's* dive guides are all very knowledgeable about the routes around the innards of these vessels, and can safely lead divers through areas that suit their abilities.

There are several must-dive wrecks in the lagoon. Most weeks start off with some of the easier wrecks, in terms of depth and penetration. Visibility on these wrecks is generally excellent, and there are no currents, making the dives much easier.

My week started at the *Heian Maru*. (*Maru* is the Japanese term for merchant ship.)







Getting wrecked ... 20 metres below the surface, a diver floats over a Betty bomber (opposite page); the live-aboard *Odyssey* (above); the *Odyssey*'s dining room (left); an air compressor in the engine room of the *Fujikawa Maru* (right).



This vessel is lying on its port side in 35 metres of water, with the starboard side in 18 metres, making it an easy dive for most. It is one of the larger vessels in the lagoon, at around 156 metres long.

As a first dive here, it is jaw-dropping. Dropping down near the bow, the huge shape of the wreck becomes apparent. Easy access to the forward hold shows divers massive armament shells, once destined for a Japanese battleship.

Divers then pass through the superstructure, along walkways to the stern of the ship where massive propellers and a huge rudder await, before a slow ascent takes them to the deco bar for an obligatory stop before returning to the dive boat.

The *Hoki Maru* has a hold filled with trucks, the *Nippo Maru* has a tank on its main deck, and the *Fujikawa Maru* has a hold filled with Zero aeroplane bodies and motors, all at a depth of 35 metres or less. For something different, a Betty bomber lies just short of the airfield on Etten Island, one of several plane wrecks in the area.

The *Odyssey* also does a shark dive at Pizion Passage, a southern entrance to the lagoon.

Blacktip, grey-reef and silvertip sharks come to feed on the bait and delight the watching divers.

The best wreck in the lagoon, and possibly the world, is left for late in the trip. The *San Francisco Maru* lies upright in just over 60 metres of water. The top of the mast is around the 30-metre mark, and the deck is at 50 metres, making it a dive only for the experienced.

For those who are able to dive it, the tag of 'Million Dollar Wreck' is automatically apparent. It still has most of its cargo intact. Three battle tanks sit on the deck at 50 metres, as does a truck, slightly leaning over the side and pointing down at its twin, which now resides on the seafloor below. Descending into its holds, divers see more trucks, hemispherical shaped land mines, boxes full of cordite, and more.

The bow gun is particularly impressive, and due to the depth and location

the visibility here is usually excellent. Bottom times are short due to the extreme depths, and decompression stops long, but this dive alone makes the trip worthwhile. ■

 **Air Niugini flies from Port Moresby to Chuuk every Wednesday and Saturday. See [airniugini.com.pg](http://airniugini.com.pg).**

**NEED TO KNOW**

**DIVING THERE** Seven-night trips on the *Odyssey*, with up to five dives daily, start from \$US3195. All nine cabins have ensuites.

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



# Vanuatu chill-out

Liz Porter finds a resort where the daily routine involves leisurely breakfasts, snorkelling, reading and lying in a hammock.

Vanuatu, a chain of 83 tropical islands in the Pacific, has all the makings of an adventure tourist's dream: rugged mountains, volcanoes, lush tropical rainforests and coral reefs full of marine wildlife. And this island republic, under joint English–French rule until independence in 1980, is easy to get to.

Air Niugini has two flights a week from Port Moresby to Vanuatu's capital city of Port Vila, on the main island of Efate.

Vanuatu's tourist brochures pulse with suggested activities. You can kayak, jet ski, parasail, snorkel, scuba, cycle, or ride a horse

through a tropical rainforest or along a beach. Or take a 50-minute flight to the island of Espiritu Santo, inspiration for James Michener's book *Tales of the South Pacific*.

There are also places for people who just want to loll in a hammock on a beautiful beach and read, getting up only to swim lazily through clear azure waters and admire the fish. The aptly named Paradise Cove resort, on Mele Bay, nine kilometres from the bustling Port Vila market, is one of them.

A coral reef teeming with colourful tropical fish begins about three metres from the table where you enjoy your breakfast of coffee, croissant and papaya.





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Paradise Cove Resort ... the giant Melanesian-style thatched roof restaurant/bar is the beating heart of the resort; (next page) one of the villas tucked into lush gardens.

Here, a snorkelling trip requires neither bookings nor boat journey. You merely stroll down a short jetty, descend a few steps and get into the water.

The resort's restaurant is one of the best in the Port Vila area, with its Mediterranean menu drawing regular groups of locals. Guests stroll around the resort's luxurious tropical garden wearing the same blissed-out 'I can't believe I discovered this place' smile.

It's a facial expression that Paradise Cove's owners, Constance Mackain and Marc Besson, know well. They were wearing it themselves in 2009 when they anchored in Mele Bay, sailed their dinghy up to a small jetty and walked up on to the beach. They had landed at a resort, but didn't need to stay there.

The French couple and their two young sons were living on their 21-metre yacht. Having resigned from their high-powered London-based investment banking jobs in 2006, the duo were sailing around the tropics.

"We wanted to spend more time with the kids," says Besson.

Mackain and Besson fell in love with Vanuatu's beautiful landscape and its smiling, relaxed people.

A few years later, they bought the resort, renovating it and extending it to its current 10 Euro-Melanesian-style villas. They also drew on their own wide experience of five-star hotel business travel to create a simpler, more personal style of luxury: one based on "space, tranquility and lots of staff". ➤

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Vanuatu chill-out

Twenty-four local staff attend to a maximum of 30 guests who are served locally grown organic food and enjoy a complete absence of the constant receipt-signing that is a feature of conventional luxury hotels. Here, guests simply help themselves to beach towels, snorkel gear, bikes, or kayaks, while 'check-in' just means being welcomed and handed a fresh coconut drink. And there are no TVs in the rooms, or anywhere in the resort. Accordingly, Paradise Cove tends to attract guests who relish the art of relaxed conversation. All the villas have their own cooking



facilities and their own book collections. And, while many guests take tours and try other local eateries – such as the classic French L'Houstalet or the modern Melanesian The Watermark – most spend at least some part of their day lolling on a couch or bar stool in the giant Melanesian-style thatched roof structure that houses the establishment's restaurant/bar and reception area. Called Nakamal, the name for the central meeting place in each village, it is the beating heart of the resort. Guests come here to use the Wi-Fi, to eat, drink, check

out the books on the shelves and play board games. The blackboard in the corner lists a dozen 'Top Things to do in Paradise'. It suggests the Tanna volcano tour: a trip, via air taxi and car, to the island of Tanna and its Mount Yasur volcano. Or a back massage. Or a 20-minute stroll to Honeymoon Beach. Many guests

glance at the board and return their gaze to the garden and the water. They're already in paradise. Why move? ■

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

**NEED TO KNOW**

**STAYING THERE**  
Paradise Cove has 10 villas: five two-bedroom and five one-bedroom, from about PGK900 a night, including continental breakfast.

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

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Almost 700 medicine and health science undergraduate students and 42 doctors and nurses at the Port Moresby General Hospital have received training and mentoring from international doctors to improve overall patient care.

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City guide:

# Shanghai

This dynamic Chinese megacity is coming on to Air Niugini's radar, with flights due to start early next year. *Brian Johnston* goes exploring.

**F**ew cities can match crowded, futuristic, forward-looking Shanghai. From humble beginnings as a mere fishing village, it began its climb to megacity less than 200 years ago and has recently

become the ultimate symbol of China's economic dynamism, bristling with skyscrapers, flashing with neon and heady with a can-do attitude.

While it has few historic sights other than venerable temples and

an interesting European colonial heritage, Shanghai is a must-visit destination for its cultural creativity, vibrant and ever-changing dining scene, shopping and the energetic optimism of its inhabitants.







**GETTING AROUND**

The subway ([service.shmetro.com/en](http://service.shmetro.com/en)) is fast, efficient, cheap and extensive, though sometimes very crowded. Abundant taxis can be hailed on the street or found in front of hotels. The Maglev ([smtdc.com/en](http://smtdc.com/en)) that operates between Pudong airport and the city's Pudong district is the world's fastest commercially operated train, topping 430kmh.

**Shanghai sights ... the city's towering financial area (opposite page); the main shopping street, Nanjing Road (above); colonial-era facades along the Bund (above centre); a bird's-eye view from the observation deck at the Shanghai World Financial Centre (right).**

**SIGHTS**

The Bund (officially Zhongshan Road) is lined with European colonial buildings, many now housing upmarket restaurants and hotels, and has a lively riverbank promenade with dazzling views of Pudong's skyscrapers.

The Huangpu district's French Concession is characterised by colonial mansions and tree-lined avenues, and is an agreeable area of boutique shops, tea houses and parks.

The area known as Xintiandi is the epicentre of Shanghai's nightlife.

Yu Garden (218 Anren Road, Huangpu) was laid out in the 16th century and is one of the few historic sights in Shanghai. It features traditional courtyards, carp-filled ponds and pavilions with upturned red roofs.

**SHANGHAI SPECIAL**

Shanghai is full of skyscrapers, especially in the Pudong district across the river from downtown. The still futuristic-looking Oriental Pearl Tower ([orientalpearltower.com](http://orientalpearltower.com)) and Jin Mao Tower ([jinmao88.com](http://jinmao88.com)) provided two of the city's earliest observation decks, surpassed in 2007 by the Shanghai World Financial Centre ([swfc-shanghai.com](http://swfc-shanghai.com)) boasting an observation deck 477 metres above street level. Now, Shanghai Tower ([shanghaiTower.com.cn](http://shanghaiTower.com.cn)) has become China's tallest and the world's second-tallest building (632 metres), currently being fitted out and promising yet more vertiginous views of this city on the way up. ➤



## City guide: Shanghai

## CULTURE VULTURE

Shanghai Museum (201 Renmin Avenue, Huangpu; [shanghaimuseum.net](http://shanghaimuseum.net)) houses a fabulous array of Chinese artefacts, including ceramics, bronzes and sculptures. An excellent audio guide will take you around the highlights.

Shanghai Old City (north of Fangbang Central Road, Huangpu) is an entertaining, themed recreation area lined by informal restaurants and tea houses. Its shops sell handicrafts, fans, lanterns and other traditional souvenirs.

Ancient Longhua Temple (2853 Longhua Road, Xuhui) has a soaring pagoda and an incense-smoky main hall always busy with worshippers. It has a history dating back to 242 AD and is the city's largest, most authentic temple complex.

## CHILD'S PLAY

The cutting-edge Shanghai Science and Technology Museum (2000 Century Avenue, Pudong; [sstm.org.cn](http://sstm.org.cn)) has interactive displays on topics such as health, astronomy and robotics, and an IMAX theatre screening science-related movies.

The recently opened Shanghai Disney Resort (310 Huangzhao Road, Pudong; [shanghaidisneyresort.com/en](http://shanghaidisneyresort.com/en)) is the world's largest Disney park and uses impressive cutting-edge technology for rides.

Shanghai Ocean Aquarium (1388 Lujiazui Ring Road, Pudong; [sh-aquarium.com/en](http://sh-aquarium.com/en)) boasts the world's longest underwater tunnel and vast tanks featuring abundant exotic fish and other sea creatures. ➤



**Culture and play ... the Shanghai Museum (above); Shanghai Disney Resort (right).**







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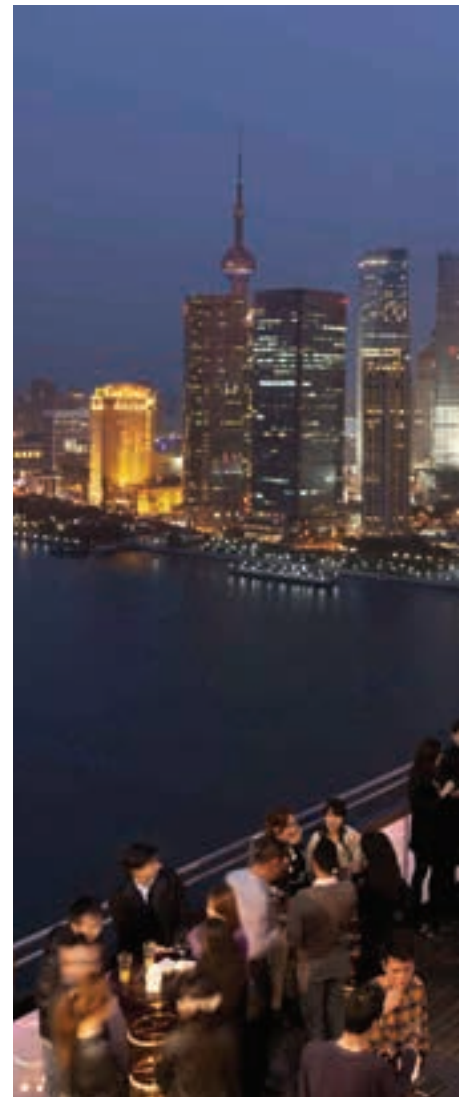
- Laga Industries
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## LOGISTICS

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## City guide: Shanghai

**RETAIL THERAPY**

The government-owned Shanghai Antique & Curio Store (192 Guangdong Road, Huangpu) has good prices on quality goods such as jade, enamel ware, painted fans, ceramics, calligraphy scrolls and furniture.

The huge indoor South Bund Fabric Market (399 Lujiazang Road, Huangpu) brings together hundreds of stalls selling fabric – including Chinese silk – at bargain-basement prices. Onsite tailors can sew them into clothes.

Tianzifang (Lane 210, Taikang Road, Luwan) is a venerable shopping street in the former French Concession, lined with numerous arts and craft stores and small cafes.

**SPORTING LIFE**

Rise early and head down to the Bund or one of Shanghai's parks for morning exercise, Chinese style. You're welcome to join groups practising tai chi and other martial arts, or even ballroom dancing and traditional Chinese fan dancing.

Shanghai has numerous first-class golf courses, including Sheshan International Golf Club (288 Linyin New Road, Songjiang; sheshangolf.com), which is scattered with lakes and groves of trees and has immaculate greens.

Basketball is very popular in China, and you can see superstar Yao Ming's home team, the Shanghai Sharks, in action at Luwan Stadium (128 Zhaojiabang Road, Huangpu; shanghaihawks.cn) between November and April.

**ESCAPE**

Laid out in the 19th century, Fuxing Park (516 Fuxing Central Road, Huangpu) has shady trellised walkways, a rose garden and a spacious central lawn popular with relaxing families.

An hour's train ride west of Shanghai brings you to Suzhou (visitsz.com), a canal-bound city famous for its many classical Chinese gardens such as the 16th-century Garden of the Humble Administrator and compact Master of the Nets Garden, laid out in 1140.

Huangzhou (gotohz.com) is renowned in China – and favoured by honeymooners – for its beautiful lakeshore setting and surrounding tea plantations, and is just a 90-minute train ride away.





City guide: Shanghai



**PILLOW TALK**

The legendary Fairmont Peace Hotel (20 Nanjing Road East, Huangpu; fairmont.com) has a great location near the Bund and has been returned to its art deco heyday; its jazz bar is quite the spot for an evening drink.

Handy for nightlife, boutique hotel 88 Xintiandi (380 South Huangpi Road, Huangpu; selecthotels.com/88-xintiandi) has the atmosphere of a luxury private residence and has large rooms and helpful service.

Kevin's Old House (Lane 946, Changle Road; kevinoldhouse.com) has six individually decorated rooms in a 1920s French-style villa scattered with antiques.

**WATERING HOLES**

Stylish steakhouse Char (585 Zhongshan East Second Road, Huangpu; char-thebund.com) sits on the trendy southern end of the Bund and has a great cocktail terrace with views over the river towards Pudong's skyscrapers.

Minimalist, self-described 'seafood speakeasy', The Plump Oyster (171 Jianguo Central Road, Huangpu) is perfect for late-night jazz, oyster tasting plates and 40-odd varieties of gin from around the world.

The vaguely nautical-themed Captain's Bar (37 Fuzhou Road, Huangpu; captainhostelshanghai.com) is part of a hostel just behind the Bund and has an easy-going, unpretentious vibe and reasonable prices, yet still has great terrace views. ➤



Shanghai delights ... (opposite page, from left) neon signs in Nanjing Road; by the riverside at the Bund; the cocktail terrace at Char; view towards Pudong from the Fairmont Peace Hotel; bikes racked up at industrial-chic Cuivre, which serves French bistro food and Asian-inspired tapas.

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City guide: Shanghai

EATS

Head to Shanghai Uncle (222 Yan'an East Road) for contemporary versions of regional Shanghai cuisine including smoked fish, braised pork in soy sauce and house-pulled noodle dishes.

Remarkably, one of the first international restaurants to open in Shanghai remains on trend. M on the Bund (5 Zhongshan East First Road; m-restaurantgroup.com) features slow-baked lamb and the best view of Shanghai in town.

Minimalist, industrial-chic Cuivre (1502 Huaihai Central Road; cuivre.cn) dishes up rustic French bistro food (such as mussels with frites) and shared tapas-style dishes with Asian influences.

TUCK IN

*Xiao longbao* dumplings are perhaps Shanghai's most famous street snack; obsessed locals argue endlessly over which stalls and restaurants make the best. The perfect dumpling has a thin, almost translucent skin that encloses a hot, richly flavoured broth. Picking one up in chopsticks without the skin bursting is a skill. Join the queues at Crystal Jade Restaurant (123 Xingye Road, Xintiandi) to try what many consider the best *xiao longbao* (and many other dumpling varieties) in the city. ■



Eats ... fresh tuna served at Cuivre.

 **Air Niugini plans to start flights from Port Moresby to Shanghai in March.**  
See [airniugini.com.pg](http://airniugini.com.pg).

SHANGHAI

**POPULATION:** 1.5 million

**LANGUAGE:** Chinese

**CURRENCY:** Chinese yuan (RMB);

1 yuan = PGK0.45

**TAXI FARE FROM AIRPORT:**

Around 180RMB to the Bund area, though very traffic dependent.

**INTERNATIONAL DIALLING CODE:** +86

**POWER:**

Three-hole outlets accommodate flat, angled prongs similar to those in PNG, Australia and New Zealand.

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TITIRU ECO LODGE  
**OUT THERE**  
 SOLOMON ISLANDS



On the edge ... the Titiru Eco Lodge has over-water bungalows (above) and comfortable beds with mosquito nets (below).

The list of places that fall into the category of an idyllic escape may be long, but that won't stop two over-water bungalows that opened in the Solomon Islands in February 2017 from being added to the esteemed list.

The Titiru Eco Lodge on Rendova Island is about a 40-minute boat ride from Munda (which has direct flights from the Solomon Island's capital, Honiara).

Titiru's thatched-roof bungalows look out over an inlet bordered by hedges of mangroves and, behind them, a perfectly imposing forest.

From a hammock on one of the decks of the bungalows, visitors can look down upon coral, fish and clams through water as clean and clear as a nearby spring, which offers fresh drinking water.

Anyone who gets a bit of a swing going while in the hammock will find themselves rocking out over the water. The bungalows' balconies also allow guests to step straight into, or out of, a boat, or to use the deck as a diving platform.

As befits a true eco lodge, there is no air-con yet guests often reach for the blankets once night and the sea breeze turn on nature's finely tuned cooling system.

Kilo Paza, the lodge's owner, can organise day trips to nearby private



and deserted islands as well as fishing charters. The fine people at the lodge will cook whatever is caught.

If you choose not to fish

but like to eat them, Kilo's staff will sort out a catch, often tuna, for your lunch and dinner.

Tours of a nearby underground

cave – helmets and flashlights provided – are also part of the extraordinarily friendly service. A walking tour around the Ughele fishing village, about a kilometre from the lodge, can also be part of the experience.

According to one visitor, three or four days is a good length of time to stay. "You wouldn't be doing it justice if you came for less."

The new lodges are suitable for couples only (there is one double bed with a mosquito net over it). A pair of two-bedroom over-water bungalows suitable for families is scheduled to open soon.


The bungalows cost from about PGK720 a couple per night. The rate includes breakfast, lunch and dinner. A return boat trip to Munda costs about PGK180.

The best time to visit is dry season, from March to November.

For more information, see [facebook.com/titiru.ecolodge](https://facebook.com/titiru.ecolodge).

– GREG CLARKE



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





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## Three of a kind ... private islands



### YUO ISLAND, PNG

This delightful small island, a one-hour boat ride from Wewak, isn't technically private since there are about five families living on it. But Naigboi Guesthouse is the only place to stay and gives guests that castaway experience, for a fantastically low price too. Owner Robert Marek, and his wife and children, will make you feel part of the family, with his wife cooking up delicious seafood meals, Marek telling you where the best snorkelling is, and his sons heading up spear-fishing expeditions.

#### SOMETHING SPECIAL

This isn't a luxury property by any means; the traditional palm-thatched bungalows and beach huts are basic, but very comfortable and set right on the beach. Plus, feeling as though you're part of the Marek family, who have lived on the island for over 80 years, is an experience money can't buy.

#### DON'T MISS

Spending the extra PGK100 to take the trip to lush Kairiru Island to visit the hot springs.

#### PRICE + WEBSITE

PGK75 a night, per bungalow or beach hut; see [naigboi.com](http://naigboi.com).



### BROTHER ISLAND, PHILIPPINES

A pristine sweep of white sand beach, fantastic snorkelling just 10 metres from the shore, traditional Filipino cuisine using freshly caught seafood – it's all there waiting for you at Brother Island, the only exclusive private island for rent in El Nido. It's all about slowing down and sinking in here: lazing in a hammock, swimming and snorkelling in the crystal waters, fishing and kayaking, exploring the forest and, by night, lighting a bonfire and gazing up at a tapestry of stars.

#### SOMETHING SPECIAL

Host and owner, Alfred Lee, or 'Alee', who has lived on the island since 1991, is renowned for his friendliness, reliability and attention to detail. Also, because there's zero Wi-Fi on Brother you will be completely in the moment for the duration of your stay.

#### DON'T MISS

Booking a beach massage or an island-hopping tour, weaving through the karst formations out on those emerald-green waters.

#### PRICE + WEBSITE

From about PGK1025 a night for the entire island and all meals; see [airbnb.com](http://airbnb.com).



### DOLPHIN ISLAND, FIJI

There are 333 islands in the Fijian archipelago but only one of them is genuinely private, meaning that when you book Dolphin you have the entire island at your disposal. Just a 15-minute boat ride north of Fiji's main island, Viti Levu, this little slice of paradise has four elegant timber-floored, palm-thatched bures with freestanding bathtubs and outdoor showers, and an impeccably styled entertaining bure that's home to the lounge and dining room. Spend your days lazing by the infinity pool, kayaking, paddle boarding or snorkelling around the island with up to seven friends, getting a massage or napping in the hilltop open-air bure.

#### SOMETHING SPECIAL

Each night, as the Dolphin team prepares your pre-dinner cocktails, no less than 100 lanterns are lit and placed around the sprawling palm-sprinkled lawns.

#### DON'T MISS

The food at Dolphin, whipped up by your personal chefs, is something to remember: fresh prawns, fish and crayfish pulled from the ocean each day and accompanied by seasonal salads, fruit and antipasti.

#### PRICE + WEBSITE

From PGK2660 a person, per night; see [dolphinislandfiji.com](http://dolphinislandfiji.com).





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# REVIEW: AIRWAYS HOTEL, PORT MORESBY

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**WHO STAYS?** 95 per cent business travellers (there's a 24/7 business centre), but also perfect if you need to overnight in Port Moresby between flights.

**HOW BIG?** 147 keys.

**COST** From PGK750, but keep an eye out for specials.

**CHECK IN AND OUT** 2pm/11am (flexible)

**HIGHLIGHTS** Complimentary evening martini hour with hors d'oeuvres in the Dakota Lounge.

**NEARBY** Jacksons International Airport

**Wi-Fi in rooms/public areas:** ✓

**Fee for Wi-Fi:** ✗

**TV:** ✓

**Air conditioning in room:** ✓

**Business centre:** ✓

**Gym:** ✓

**Room service:** ✓

**Swimming pool:** ✓

**Free airport transfers:** ✓

**Hotel arranges tours:** ✓

**Breakfast included in room charge:** ✓

## WHAT GUESTS LIKE

I can't fault anything about this hotel. We had a lovely buffet breakfast and dinner. The hotel compound is very safe and secure. – Wotif.com

Enjoyed the pool, gym, great breakfast, and very kind staff. The (airport) shuttle is very efficient and amenities are very well maintained, nice after a couple of days in the jungle. – TripAdvisor

Airways is a quick car ride from the airport. It's clean, safe, friendly staff, good food, relaxing pool and gardens. – TripAdvisor



## LOCATION

On Jackson Parade, two minutes by car from Jacksons International Airport.

## THE PLACE

The Airways Hotel has been visited by 23 prime ministers, royalty and business leaders. Refined decor, attentive service, four restaurants, and the Bliss day spa, with Thai styling, make it an oasis where you want to be. Airways is possibly one of the best airport hotels anywhere in the Asia-Pacific region. Although it opened almost three decades ago, it is fresh and contemporary thanks to multiple rejuvenations and new additions. There are 40 gardeners who look after the botanic-like gardens that have more than 240 species of tropical plants, as well as a quirky DC3 aircraft that creates an outdoor centrepiece. The expansive grounds, with running track, are well secured. There's a fitness centre with squash courts, steam rooms, a floodlit tennis court and a 20-metre infinity lap pool. There's also a pool with sun lounges and food and drink service. Many of the recreational areas, restaurants and rooms have views towards the airport and the Owen Stanley Ranges. There are flourishes of PNG art and craft around the hotel, which also has an art and craft shop, a technology shop (where you can get local SIM cards) and a tailor. There are four boardrooms for business meetings.

## ROOMS

The room styles include Bacchus (the entry level), Fountain, and Dakota (five stars). The spacious Dakota rooms (pictured) have beautiful polished floorboards, Nespresso coffee machines, marble bathrooms and balconies. The Dakota Wing includes three elegant lounges, one with a full-size snooker table. The more basic Bacchus and Fountain rooms are also well appointed with the essentials, and even have turn-down service.

## FOOD AND DRINKS

There are four tasteful choices: Seven Cs cafe; Deli C and Vespa Room, which is a blend of Italian bistro and delicatessen; the poolside Vue Restaurant and Lounge Bar, which lives up to its name with great views and buffets (it's where breakfast is served); and Bacchus, the hotel's elegant-dining restaurant. Bacchus, with a new menu, is not only the best place to eat at the hotel, but lays claim to being the best in Port Moresby. Amongst white tablecloths, ceiling fans and a piano player, waiters deliver classics such as lobster bisque, top-score Kobe wagyu steak, and crepe suzettes cooked at your table. Afterwards, adjourn to the leather chairs and dark wood panelling of the Havanaba, with a choice of Cuban cigars and the largest selection of whiskeys and vodkas in Port Moresby.

— ROBERT UPE





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TIME TRAVELLER

**Ononge, Central Province, circa 1920s**

From the late 1800s up to the 1950s, horses were loaded with saddlebags by missionaries to get supplies into the mountains. Hundreds of kilometres of tracks were cut through the rugged terrain to provide access for the horses. Father Jules Dubuy, with the Missionaries of Sacred Heart, took these photos while he was stationed at Ononge village in the Goilala District of Central Province. The inset photo shows Father Alphonse Bonn taming a horse. He was a missionary and expert horseman, nicknamed 'The Cossack', because he often rode a stallion at full gallop. The images were sent in by Father Roger Purcell, who is stationed at Mount Hagen.

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



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# TOWNSVILLE

DESTINATION FEATURE

## A CITY FOR ALL SEASONS

There's so much to do in Air Niugini's newest destination of Townsville, but the best thing about this North Queensland town is that it gets more than 320 days of sunshine, writes *Sarah Nicholson*.



**A**ir Niugini is now flying between Port Moresby and Townsville, but if convenience and a quick connection aren't reasons enough to head for this chilled Australian outpost then consider a few other facts.

Townsville is northern Australia's biggest settlement with a regional population just under 300,000, guaranteeing the destination offers

shopping choices, dining possibilities, a sports scene, cultural encounters, and an events calendar to rival what's found in some state capitals down south.

The city serves as a gateway to rainforest, reef, and outback – the Paluma Range National Park is a 45-minute drive north, the Great Barrier Reef two hours east by boat, and Charters Towers 90 minutes

south by road – with visitors spending just three days in town able to experience a trio of different, and uniquely Australian, environments.

But, perhaps best of all, is that this quiet corner of the Queensland coast enjoys more than 320 days of sunshine every year, making it the ideal location to holiday when clear skies are a prerequisite.







of rain on Queensland all the way from Hamilton Island to the Gold Coast in a few very damp days, Townsville only received several millimetres of precipitation.

All this sunshine makes it easy to get outside with locals routinely savouring seaside picnics in a park on The Strand, pedalling the beachside boardwalk to neighbouring Pallarenda, hiking to Castle Hill’s scenic summit, sunset sailing, alfresco drinking and dining, doing sunrise yoga, and snorkelling above coral reefs.

It’s the winter sunshine that draws Sydneysiders Clare and Paul Ley north every year. They navigate their elegant 17-metre yacht *Pilgrim* to Magnetic Island – the Townsville

“  
The city serves as a gateway to rainforest, reef, and outback.  
”

‘suburb’ a 20-minute ferry ride across the sparkling Coral Sea – and spend dry-season days taking visitors on sailing adventures.

They initially set sail for Hamilton Island, but decided to continue north on a recommendation from friends, and knew they had found their winter playground after rounding the Cape Cleveland Lighthouse.

The seafaring pair now offers lunchtime cruises to secluded bays, where the crew prepares a barbecue lunch, while guests swim from the yacht or stroll along the sand, and longer voyages that circumnavigate Magnetic Island to take in the beaches along the lonely north coast that sits inside the boundary of the Magnetic Island National Park.

I join them for a twilight sail and, after leaving the ship’s berth in the Nelly Bay marina, I settle into a beanbag seat below the mast to sip a local beer, while *Pilgrim* darts across Cleveland Bay before turning to sail towards the setting sun. ➤

The dry-season months that mark winter in Australia’s tropical north are delightfully tepid and when clouds roll across neighbouring locations – like Cairns, 350 kilometres north and Airlie Beach, a three-hour motor south – Townsville will be basking below a flawless blue dome.

Even during Cyclone Debbie, the fierce 2017 weather system that dropped biblical amounts

## SISTER CITIES FORCE STRONG LINKS



The sister city relationship between Port Moresby and Townsville is one to watch. Since its establishment in 1983, the relationship between the cities has developed positively with about PGK126 million (\$AUD500 million) in two-way trade flowing between the ports.

The cities have a strong business relationship and the proximity of the two centres (Townsville is closer to Port Moresby than it is to Brisbane) offers ease and efficiency in trading.

Opportunities for development between Townsville and Port Moresby are plentiful. Air Niugini started direct flights between the cities earlier this year, allowing passengers to transit in less than two hours. Connections out of Papua New Guinea can link travellers to a diverse range of Asian hubs, offering simplicity in international corporate travel and tourism throughout the continent.

Two Townsville-based businesses that have built successful relationships in PNG are Pacific Islands International and Premise. ➤



A city for all seasons

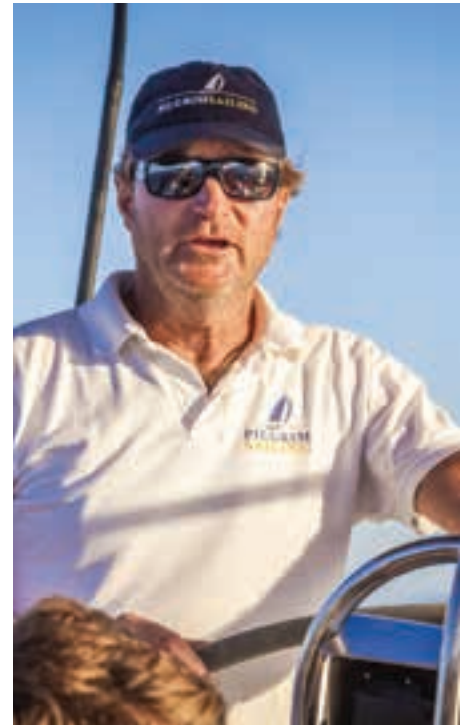
SISTER CITIES FORCE STRONG LINKS

“ Air Niugini started direct flights between the cities earlier this year, allowing passengers to transit in less than two hours. ”

Ashley Finn, managing director of export management company Pacific Islands International, couldn't be happier with the growing relationship between the cities. "The recent Air Niugini direct flights between Townsville and Port Moresby have been fantastic for my business. It enables us to commute between our head office in Townsville and our biggest market Port Moresby quickly and efficiently. I see this connection as a very important step in the growth of both regions by opening up opportunities for many industries outside of my business including tourism, education, health and logistics."

Patrick Brady, executive director of engineering and project management organisation Premise, sees huge potential for his business in PNG. "With offices that include Townsville and Port Moresby the direct air link with Air Niugini allows our team to travel to our Papua New Guinea office in the same time it takes us to get to our Brisbane office. This creates greater opportunities to build future relationships and expand our business activities in PNG."

Townsville is the newest route into Australia for Air Niugini, with the airline already flying to Cairns, Brisbane and Sydney. ■



All aboard ... the 17-metre *Pilgrim* (left); skipper Paul Ley (above); Little Crystal Creek (opposite page, right); the 'perfect' macadamia ice cream from Frosty Mango (opposite page, far right).

The sky is gold, with the setting sun dropping a carpet of sparkles on the water beyond the yacht's bow, and the breeze is blowing just hard enough to tilt the yacht to port as she races across the whitecaps towards Cape Pallarenda.

But there's more to my north Queensland encounter than a sunset sail and – aside from a visit to the Turtle Hospital at Reef HQ, which is the Townsville aquarium that serves as the Great Barrier Reef Marine Park Authority's education centre – I rarely settle inside except to sleep.

I join long-time local Nick Dametto for a jet-ski tour that follows the coast past Kissing Point to Pallarenda, linger over a long alfresco lunch in a park on The Strand prepared by Pineapple Picnics, and spend Saturday night at City Lane enjoying the vibe after the local NRL team, the North Queensland Cowboys, wins another home game.

Townsville is a military town, with thousands of army and air force troops and their families stationed in and around the city, but men and women in uniform are nothing new with more than 50,000 American and Australian troops

stationed here during World War 2, so I take the time one peaceful morning to learn more about this history.

Jezzine Barracks, the park at the northern end of The Strand, was home to battalions of wartime combatants and now there's a walk in the gardens that offers not only views across the Coral Sea but murals and information plates detailing the role Townsville played in the Pacific War.

There's another helping of history near Paluma with the stone bridge spanning Little Crystal Creek – a peaceful place where meandering waterfalls carve pools that provide the shady places to paddle on a hot day – built during The Great Depression as part of a program that remunerated unemployed residents to participate in building projects.

After taking a dip at Little Crystal Creek, I decide not to continue along the mountain road, also built by Depression-era labour, to Paluma – the village where cafes and art galleries line the streets and walking trails disappear into the national park rainforests – but return to the flats and the famous Frosty Mango.





A city for all seasons



This ice-cream shop on the Bruce Highway rests at the heart of an orchard growing all sorts of tropical fruit, which become the key ingredients for the homemade sorbet, and I sit below a palm tree to savour a delicious scoop of macadamia gelato.



Turns out there's no better way to finish a day that starts with a walk through wartime history than by savouring a single scoop of perfect macadamia ice cream. ■

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

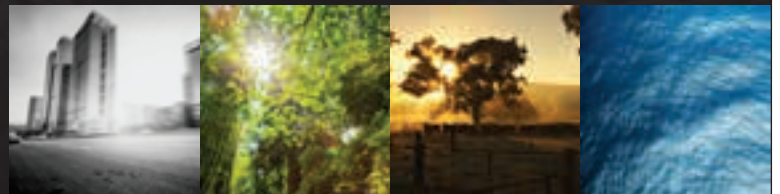
 **Air Niugini flies from Port Moresby to Townsville twice a week, on Friday and Monday. See [airniugini.com.pg](http://airniugini.com.pg)**

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## FOOD SCENE TAKES OFF

Townsville may be the gateway to the rainforest, reef and outback but recent developments in the food scene are seeing the city blossom into northern Queensland's culinary capital.

Not too many years ago, a fine-dining experience was a meal at a leagues club bistro but the arrival of award-winning chefs, ingredients sourced from nearby producers, trendy dining precincts, cool cafes, and thoughtful menus have elevated the scene.

"Townsville has grown up a bit," explains Townsville Enterprise's marketing executive, and local foodie, Lisa Woolfe.

"There's always been an underlying health theme with Townsville dining – I think that has something to do with the fact so many young people live here because we're a military and university town – but the restaurant scene has taken off in the past four years with paddock-to-plate dining becoming a focus in the past two years.

"We now have two great dining precincts with Palmer Street and City Lane and that really thoughtful focus on food is one thing that many people, especially visitors from the big cities down south, don't expect to find in Townsville.

"And city people are always surprised at how good the coffee is in Townsville and I can recommend Juliette's on The Strand for good coffee with water views, Hoi Polloi which has

a funky laneway vibe going, Otto's Fresh Food Market, and Coffee Dominion which is a local favourite where the professionals check in before going to their offices."

When it comes to fine dining, A Touch of Salt on Ogden Street, Palmer Street's Michels, and City Lane's Donna Bionda are top choices, while Cbar on The Strand boasts views across the water to Magnetic Island, and rooftop Rambutan (see review this page) is the hottest new place.

Townsville is also home to one of Australia's finest morning meals with Jam, the chic open-all-day restaurant at one end of Palmer Street, honoured by the Australian Savour Awards for serving the country's very best brekkie, with the Asian chicken omelette a local favourite. ■

– SARAH NICHOLSON

## RAMBUTAN RESTAURANT REVIEW



**WHERE:**

113–119 Flinders Street, Townsville.

**PHONE:** +61 7 4771 6915

**WEB:** [rambutantownsville.com.au](http://rambutantownsville.com.au)

**STYLE:** American

**TYPICAL PRICES:**

Entrees \$AUD13-18; Mains \$AUD19-33.

**OPEN:** Daily; Lunch 12–3pm; Dinner 6pm–late

**BYO:** No

**OUR FAVOURITE DISH:**

12-hour smoked brisket

**IN A WORD:**

Rambunctious

You'd hesitate to call Rambutan a backpackers. With its complex of 46 flashy rooms gathered around a rooftop pool bar and restaurant, the impression it leaves is more of a glam, Instagrammable resort. Still, the tables of Lonely Planet-flicking Poms tell no lies. This is a hostel, and as such can become a freewheeling affair on the weekends, when Townsville locals pile in for a cut of the action.

Thankfully, Rambutan's restaurant gives you an opportunity to dip your toe into

the fun without feeling like you've overstayed your welcome.

The Hamptons Design Co.-designed space is nautically themed in the best possible way. Think bold prints, lazy deck chairs and metres of rope. From the ceiling hang greenery and old 'Queenslander'-style shutter windows. Overlooking the resort's pool on one side and Flinders Street's heritage buildings on the other, it's an easy, breezy place to spend a bunch of hours.

The menu is about as inclusive as you'd imagine, ranging from taco kits right through to 300

gram scotch fillets.

We start by sharing some perfectly fried Boston crab cakes before turning our attention to the restaurant's killer app: Rambutan's smoker, the only brick smoke pit of its type in Townsville.

We take a 'Holy Trinity', choosing three meats: 12-hour short rib with a coffee rub; Memphis-dusted pulled pork; and 12-hour smoked brisket with chipotle barbecue. The meats come presented on a platter, accompanied by condiments courtesy of Australia's Changz Hot Sauce.

All are tasty but

it's the brisket – so often the yardstick of a quality smoking operation – that truly impresses, succulent and layered with flavour. A lovely fragrant apple and mint salad helps keep things on-diet, the whole meal washed down with some outrageously cheap Corte Giara pinot grigio.

All this and we've hardly cracked \$80 between two. More to spend at the bar afterwards, I guess. ■

– MATT SHEA





# FINE WEATHER, BIG EVENTS

There's more to Townsville than rainforest and reef, with the city hosting dozens of events.

*Sarah Nicholson reports.*

For a regional settlement of just 180,000 people, Townsville is punching above its weight when it comes to events.

The north Queensland city, which is 1500 kilometres by road from the nearest state capital, plays host to dozens of occasions every year from sports meetings and musical festivals to culinary carnivals and cultural encounters.

The V8 Supercars visit every year, the North Queensland Cowboys play regular home games during the NRL season, the Townsville Fire perform during WNBL competition, Magnetic Island Race Week is an annual regatta bringing yachts and crews to town, and the best bull riders make a pilgrimage north for the PBR Iron Cowboy.

An already busy sporting calendar will be a little more crowded during the next few months with Townsville hosting Rugby League World Cup matches on October 28 and November 5 and preliminary rounds of the 2018 Commonwealth Games basketball competition between April 5 and 10.

The city is also home to the Australian Festival of Chamber Music, which celebrates its 27th

anniversary this year. The festival is the largest meeting of its kind in Australia, attracting more than 40 artists from around the world to perform.

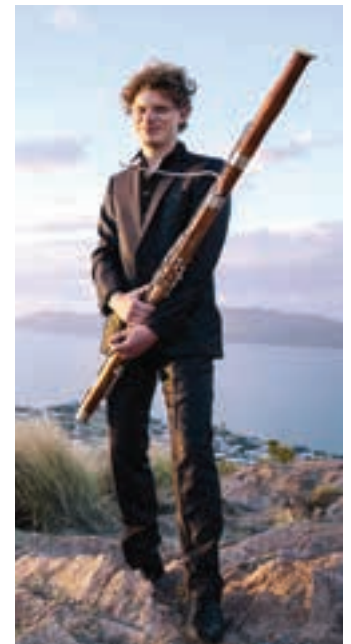
The festival's executive director, Justin Ankus, says it's the agreeable winter weather, and 320 days of sun every year, that make Townsville an ideal place for the festival.

"The winter months are events season in Townsville," he says.

"Winter in the tropics is the best time of year, the high humidity of summer has gone and average daily temperatures have fallen to a pleasant 25C with mild evenings. Blue skies are plentiful with rain seldom seen, and all this proves to be a boon both for event goers and organisers.

"Aside from the opportunity to hear world-class musicians in world-exclusive performances at the Australian Festival of Chamber Music the beauty of the region, its proximity to rainforest and reef, and the perfect weather in the winter months make it an unbeatable proposition," he says. ■

**See [townsvillenorth-queensland.com.au/events](http://townsvillenorth-queensland.com.au/events).**



For the diary ... the Townsville Iron Cowboy (above left); the Australian Festival of Chamber Music (above right).



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“

Snorkels, goggles and flippers are distributed and it's into the water where we discover the stripy fish have been joined by a school of baby black-tip sharks.

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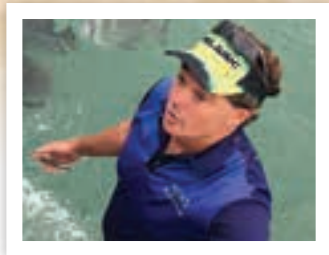
# MAGNETIC ATTRACTION

Spend a few hours on the water with a local to see the best of Magnetic Island, writes *Sarah Nicholson*.

Adam Hinks is a rare find on Magnetic Island. While most residents in this 2500-person community hail from somewhere else, he is a bona fide Maggie local.

He was raised on the island – a 20-minute ferry ride from Townsville – and when childhood mates were moving to the mainland to find work Hinks was building his business, Aquascene, and taking visitors on water tours around this jewel in the Coral Sea.

Decades of beachcombing, swimming, snorkelling, surfing, paddling and fishing mean he knows Maggie's 23 bays and 28 beaches like the back of his hand and adapts every tour he leads to the interests of those on board his purpose-built catamaran, which can nuzzle into little coves and hover above interesting corners of the coral reef.



Quiet cove ... plenty of space to move on this Magnetic Island beach (top); local Adam Hinks (above).

Hinks is taking my group out on a delightful 26C winter's day. We take our time and cruise through Geoffrey Bay to hear about the tiny rock wallabies on the hill, the giant clams that live amongst the coral, and the wrecked ship submerged just below the surface.

We inspect Alma Beach, which is the island's safest swimming spot,

dart into Smugglers Cove to learn about the stately hoop pines that cling to the coast and survive because they go months without rain, and pause near a rocky point so he can feed his favourite white-bellied sea eagle, which swoops to snatch a piece of fish from his fingers.

When we arrive in Florence Bay, a cove that's home to a marine national park green zone protecting a garden of coral, Hinks drops the boat's rear steps and gathers more food to hand feed the short fin-bat fish that congregate to greet us.

Snorkels, goggles, flippers and noodles are distributed and it's into the water where we discover the stripy fish have been joined by a school of baby black-tip sharks who gather to watch us float above the colourful coral and sleepy turtles.

Hinks tells us there's nothing to fear from these sleek creatures, which are just a few months old and about a metre long, and explains that the juvenile sharks are taking shelter in this shallow section of the reef until they build the strength to head for deep water.

"During the past summer 29 babies were born, but they were tiny and vulnerable so there's only eight left now, and they will move on from here when they get bigger," our host explains. ■

**See [townsvillenorthqueensland.com.au](http://townsvillenorthqueensland.com.au) or [aquascenecharters.com.au](http://aquascenecharters.com.au) to learn about Aquascene's Maggie Discovery Tour.**

## THREE THINGS TO DO

**1** Magnetic Island is home to northern Australia's largest koala colony. See them on the four-kilometre Forts Walk, which visits a compound of World War 2 fortifications and has magnificent mountain-top views.

**2** Rent a pink 'Barbie car' from Tropical Topless Car Rentals, buy a bag of feed from the general store in Arcadia, venture to the end of Bremmer Point to hand feed the tiny rock wallabies.

**3** There are self-guided snorkelling trails in Nelly Bay and Geoffrey Bay. You'll see giant clams, coral, and a shipwreck. Waterproof 'swim cards' are available from island shops and accommodation, providing information on locations along the route.





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“

I realised all the years of struggle to set up Samaritan Aviation had been worthwhile. We had just saved the lives of a mother and her baby.

”

PICTURES: SUPPLIED BY MARK PALM





# FLYING MIRACLE



*Richard Andrews reports on good samaritan Mark Palm who is saving lives and delivering vital medical supplies in remote PNG with his air ambulance service.*

On a wing and a prayer ... Mark Palm in the pilot's seat (this page); with his wife Kirsten, at Kaup village, one of the places they fly to with their Christian air ambulance service (above right).

“I want to spend my life helping the people of PNG,” Mark Palm told his future wife, Kirsten, on their first date, in California.

Not a typical way for a 20-year-old to express romantic interest, but she ‘signed on’ for what turned out to be the adventure of a lifetime: running Samaritan Aviation, a Christian air ambulance

service for remote communities in East Sepik Province.

“If we were going to be serious about each other, I wanted to get it all out there from the start,” says Palm, 21 years later. “However, it didn’t go down too well at first when Kirsten’s dad learned I wanted to take his daughter away to the other side of the world.”

Palm’s own father was a minister

who ran a homeless mission, while his grandfather was a World War 2 pilot. As a teenager, Palm decided to combine the two family traditions during a trip to PNG with his friend Gary Bustin.

Living in local villages, the two Americans saw the challenges people faced when medical help was needed in areas with few roads and fewer runways. ➤



Flying miracle

“The vision of a free emergency service with a floatplane that could land on Sepik waterways came from that trip,” says Palm.

However, it was a long journey to set up *Saman Balus*, as it’s known locally.

Palm returned to the US, learned to fly, enrolled in an aircraft engineering school and spent a decade raising money for a retrofitted Cessna 206 – a beloved bush aircraft that can cost \$US500,000 or more.

“It’s a lot of money when you’re young and no-one’s ever heard of you,” he says. “But we eventually managed to buy the plane and set up a non-profit organisation that’s now supported by the PNG government and individual donors.”

Samaritan Aviation took off in 2010, when Palm, his wife and their three young children (Sierra, Drake and Nolan) relocated to Wewak, together with a disassembled Cessna.

Since then, the air ambulance service has added an extra plane and saved thousands of lives by providing emergency transportation, medicines and equipment.

“About 40 per cent of our trips are child and pregnancy related,” says Palm. “We also deal with trauma, spear wounds, immunisations, search and rescue, you name it.

“About 225,000 people live on the 1100 kilometre Sepik and its tributaries. Most of them would have to travel two to five days to reach the one hospital in the province.

“If you have snakebite or a birthing challenge, there’s no hope without the service Samaritan provides. For us the longest flight is only 65 minutes.”

During Samaritan’s early days, Palm’s wife took on multi-tasking with a vengeance. As a teacher, she not only home-schooled the three children, but also drove the ambulance in Wewak.

“I’d land, Kirsten would be waiting in the car with the three kids and she’d take the patients to hospital,” says Palm. “I’d then jump back in the plane and take off to pick up another sick person.”

Samaritan’s operation now involves four families, including two pilots, two engineers, and a medical director, plus local staff



Flying visit ... a medicine drop at Eran village.



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Flying miracle



and volunteers. A triage nurse handles the calls and dispatches flights.

“Contact from more remote areas is by radio, while about 60 per cent of callers live within range of cellphone towers,” says Palm. “However, people sometimes have to walk 30 minutes and climb a tree or hike up a mountain to get reception.”

After 10 years and more than a thousand flights, Palm says he’ll never forget Samaritan’s first emergency. A frantic health worker in the village of Timbunke called to say a young mother struggling through an obstructed childbirth had lost consciousness and was on the verge of dying.

“It was early morning, Good Friday, 2010,” says Palm. “I

remember the adrenaline and tension as we navigated around rough weather, landed on the Sepik near the village and rushed Antonia back to the hospital.”

Fortunately, Antonia responded to emergency surgery and delivered a healthy baby boy the same day.

“At that moment, I realised all the years of struggle to set up Samaritan had been worthwhile,” says Palm. “The vision was real. We had just saved the lives of a mother and her baby.”

Palm and his family visited Antonia in hospital, where they learned she had named her baby Mark.

“I was really moved and honoured,” says Palm. “Last Easter, I flew into Timbunke again and all those feelings came back when ▶

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Flying miracle



I met baby Mark on his birthday. He's a young man of seven and he's there today."

"You coming is a miracle," said PNG's former leader, Sir Michael Somare, when he met Palm some months ago. "You save one life, it means you are saving a nation."

Palm, however, credits his family, team and other supporters for Samaritan's success.

"I feel I'm the lucky one being over here able to do this," he says. "It's been an amazing journey." ■

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

Good samaritan ... Mark Palm with 'baby Mark' who was named after him after he saved his life.

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# TRADITION, ART AND LOVE

*Ben Packham* meets an Australian artist who is preserving PNG traditional knowledge through her work. And there's a love story, too.

The mother of a crying infant in Bougainville's Siwai district makes a necklace for her baby from a particular long-stemmed fern. The ritual of preparing the ornament helps to calm the child, while the aromatic qualities of the freshly broken stem relieve its discomfort.

The plant, known as *pokara* in the local Motuna language, forms part of the traditional medical dispensary of the Siwai people.

To Australian artist Kate Robertson, this is sacred knowledge, shared and preserved through the community initiated art project, Recording the Medicinal Plants of Siwai, Bougainville.

She's been working with Bougainville's Taa Lupumoiku and Rura clans for the past three years to record the images and stories of the region's traditional medicines.

Images from the project were recently exhibited at Chapter House Lane Gallery in Melbourne, Australia.

Robertson, 36, is an experimental photographer who

strives to live in harmony with nature and connect with her subjects on a spiritual level.

She first visited Siwai in 2015 at the invitation of Taa Lupumoiku clan chief and traditional healer, Alex Dawia.

Dawia had seen one of her previous projects: a series of unearthly images created from the dust kicked up at an alternative lifestyle festival in NSW, in rural Australia.

He'd been looking for someone to help preserve his people's language and traditional medicinal knowledge, and to help bridge the divide between Bougainville and the outside world.

She spent a lot of time on that first visit getting to know the community: playing games, swimming and telling stories.





"It was quite different to anything I was used to," she says. "The environment, the heat, the humidity. I just loved it.

"I hung out a lot with the children. They wanted to talk in English, and teach me words in the local Motuna language."

When she finally brought out her large-format film camera, many were intrigued. But enthusiasm waned because she couldn't produce photographic prints.

"The engagement with the community was lost because there was no visual outcome straight away," she says.

Robertson returned the following year with an alternative camera-less method, known as the lumen process, that uses expired black and white photographic paper.

Sheets of it were placed on tables in a central location of the village, where community members arranged vegetation on them.

The paper reacts to light, plant juices, condensation and anything else it touches, rendering images in an array of yellows, pinks, oranges and browns.

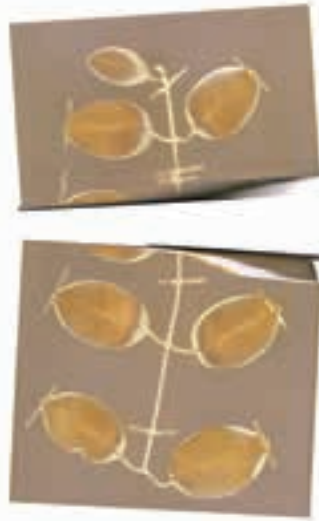
Participants in the project were able to watch the images appear during exposures lasting anywhere from a few hours to several days.

"I hope that I am a bit of a mediator," she says. "I see myself as someone who assembles things, rather than leads the process."

Robertson says the method seems to suit Siwai's matrilineal culture, which encourages deep contemplation before significant decisions are made.

"I hope I'm tapping into the strengths of the women there. It's a quiet strength. I see that as a very feminine thing. I hope I'm tapping into that and respecting that."

Word spread about the project, and local healers began to seek her



**Medicine man ... local healer Patrick from the Kainake village (opposite page); Kate Robertson's art depicting bush medicine (middle); Robertson and Jeffrey Noro (left).**

The crisis helped to revive interest in Bougainville's traditional medicines, because pharmaceutical drugs were unavailable.

But there is a recognition these plant-based cures can be less effective than modern medicines – something Robertson was reminded of during the project.

"I'd been swimming in the creek, and I got an ear infection. In 12 hours I went from feeling slightly dizzy to vomiting and passing out.

"They tried to fix it traditionally, but it wasn't working. I ended up going to a local health care centre."

She was put on intravenous therapy and recovered in a few days. But the clinic was so poorly equipped, staff struggled to find surgical tape to secure the drip to her hand.

The experience reinforced in her mind that communities should not have to rely exclusively on traditional medicines.

"I just thought, 'this is not right'. There should be access to modern medicine in a way that isn't compromised," she says.

She returned with a gift of 10 kilograms of medicines and medical supplies donated by her local GP in Australia.

"When I delivered it back to the hospital, the doctor was really emotional. They just didn't have that stuff there.

"I don't think it's a question of one or the other. Both traditional and modern medicines should be available."

Robertson is currently working on a book with Kainake's children. It will feature images and stories from the project. ■

“

**In the traditional way of the clan,  
it's not Jeff who proposes to me,  
it's the family.**

”

out. One of them, Patrick, described the bush as "our hospital".

"When people get really sick, they go out to live off the forest and take the medicinal plants that are required," he told Robertson.

"It's a way to heal themselves, but also to make sure they don't pass on the illness to anyone else."

Another of Robertson's collaborators is Rura clan chief, Jeffrey Noro. He has both a cultural and a scientific interest in the medicinal plants of the Siwai.

After fleeing Bougainville during the civil war, Noro studied natural products and pharmaceutical chemistry, gaining a PhD in drug discovery for his work on marine sponges.

He founded the Kainake Project in 2013 – a sustainable development venture based around his home village.

It aims to educate Kainake's children and improve the area's

economic prospects, while protecting its natural environment.

Robertson's art project has become an integral part of the broader community conservation effort.

Robertson and Noro became close during the project, and in 2016 they returned to Kainake and became engaged.

In Siwai's matrilineal culture, Noro's mother, Bridget Sakui Noro, is the clan's 'quiet leader'. She recently gave her blessing to the relationship.

"In the traditional way of the clan, it's not Jeff who proposes to me, it's the family," Robertson says.

"She went into her hut and came out and presented me with a shell money necklace.

"Everyone was laughing and squealing. They were in shock. Someone said afterwards: 'Do you know what this is? This is acceptance into the family.'"



# All set for PNG Games

More than 12,000 athletes will compete at the PNG Games in Kimbe.  
*Jeff Turnbull reports.*

PICTURE: STEPHEN RAE

The Papua New Guinea Games – a sporting festival that embraces the country's 22 provinces and involves 28 sports – is finally due to get under way in November after two false starts.

The biennial event was set down for November last year but stepped aside for the prestigious FIFA

Women's  
World  
Cup.

Then the new date, in March this year, was abandoned after weather forecasts of extended periods of rain.

As *Paradise* went to press, the seventh PNG Games were all set to go ahead in Kimbe in West New Britain Province, from November 18 to December 1.

More than PGK35 million has been spent on bringing infrastructure and sporting facilities up to date with five new mini arenas, including an all-weather track that will host the track and field events.

Its legacy will be transforming Kimbe into the sporting hub for the PNG islands.

The games, originally known as the Grassroots Games, provide a platform for PNG's raw talent to shine.

It was at the first games, in 2003, where a barefoot young girl called Toea Wisil emerged as a rising star.

Wisil has gone on to represent PNG

“

A lot of eyes will be on weightlifter Morea Baru who finished sixth at the Rio Games.

Another highly promising athlete is 20-year-old boxer Thadius Katua.

”

at Olympic level in the 100, 200 and 400-metre races as well as carrying the national flag in the opening ceremony at the 2012 London Olympics.

A lot of eyes will be on weightlifter Morea Baru who finished sixth in the 62-kilogram division at the Rio Games. His performance at Kimbe will be a gauge of his prospect for the Commonwealth Games on the Gold Coast, Queensland, next year.

Another highly promising athlete is 20-year-old boxer Thadius Katua who faced up against a tough Russian in Rio, and although he didn't win there were many in the audience who felt he deserved to.

He already has a Commonwealth Games youth gold medal to his credit and his Australian coach, Allan Nicolson, is predicting big things for his young charge.

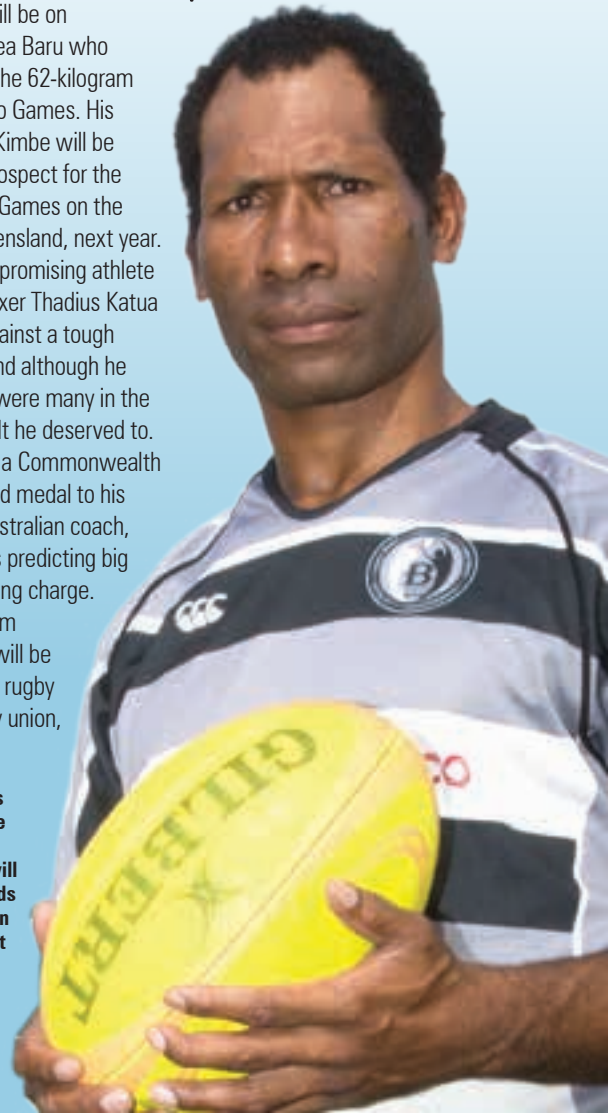
Among the team sports on show will be Australian Rules, rugby league and rugby union,

basketball and netball. The AFL code is on the way up in PNG, underlined when the Mosquitoes' national team won the 18-team international series in a nail-biter against Ireland at the MCG in Melbourne, Australia, in 2014.

With an estimated 12,000 athletes and officials arriving in Kimbe, the school calendar has been arranged to allow the visitors to use the schools as accommodation. ■



Play ball ... Australian Rules player Jeffrey Hardy Vogae (left) and rugby's Michael Bauba Vitolo will be among the thousands of Papua New Guinean athletes competing at the PNG Games.







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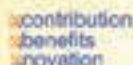


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# A PIECE OF PNG: WOODEN BOWLS

**BACKGROUND**

Wooden bowls were once common utilitarian items used in Papua New Guinea's many diverse cultures. Replaced by modern aluminium pots, many of the unique local styles of bowls can sadly now only be seen in museum collections.

**WHERE ARE THEY MADE?**

Communities in many provinces traditionally made bowls, with decoration reflecting local traditions. In Manus, impressive large three-legged bowls were carved out of a single log, while in the Siassi islands of Morobe incised decoration, highlighted

with lime, was used. Today, wooden bowls are mostly made as a tourist item, and the premier province for attractive decorative bowls of all sizes is Milne Bay.

**WHO MAKES THEM?**

In the islands and villages of Milne Bay it is the men who make these beautiful objects.

**HOW ARE THEY MADE?**

Today, steel hand tools, sandpaper, wax and shoe polish are used to produce nice smooth bowls, but in days gone by stone tools and shells would have been used, in a much more time-consuming process.



Museum pieces have a slightly rougher finish, clearly showing the use of traditional village tools. In Milne Bay, a variety of dark hardwood timbers are usually used for bowls. Keep an eye out for nicer pieces using striped ebony, or even the increasingly rare black ebony. In other places, a dark hardwood such as kwila or rosewood is used for bowls. In all cases bowls are hand-made and therefore every piece is unique.

**HOW ARE THEY DECORATED?**

Traditionally most bowls, as utilitarian items, were plain with little decoration, perhaps just some incised designs around the rim. However, bowls from Milne Bay are more artistic, sometimes incorporating interestingly complex shapes and figures, and making extensive use of inlaid mother of pearl shell. Sometimes, the finished pieces are rubbed with volcanic ash rich in graphite, or manganese, to darken and harden the surface.

**HOW WERE WOODEN BOWLS USED TRADITIONALLY?**

As would be expected of household items, wooden bowls, either shallow or deep, were used to store, hold and serve food. Larger bowls were used to serve food at important feasts and festivals as well as being used as an item of bride wealth or in trade. For example, bowls from Tami Island in Morobe were an important item in the trade networks in the region at the southern end of what today is West New Britain, exchanged for dogs' teeth, betel nut, feathers, pigs or other foodstuff.

**WHERE CAN BOWLS BE BOUGHT?**

Bowls from Milne Bay can be found in most handicraft shops in hotels and main centres. In Port Moresby, they can be found among the goods sold by roadside vendors outside the Holiday Inn Hotel and at regular craft markets. Bowls from other provinces are harder to find, so you would need to travel to villages still making them, or be lucky enough to find them for sale in local cultural festivals. ■

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# MYSTERY

## OF THE AIR

### AMELIA EARHART AND PNG: AN INSEPARABLE STORY



The last anyone saw of the American aviatrix was when she flew her plane from Lae eastwards into the Pacific. Many theories exist about her last movements, putting her final resting place variously in Kiribati, Saipan and PNG. History geek *Roderick Eime* examines the theories.

Sitting in a lonely field next to the site of the old Lae airport is a forlorn slab of concrete that once bore a plaque dedicated to the brave aviatrix, Amelia Earhart, who was last seen flying from the grass

and gravel strip to her intended destination in the Pacific in July 1937.

The popular narrative is that she was never seen again. But was she?

Lae has long since been served by the more favourably located

airport at Nadzab. With the busy gold mining industry, old Lae airport was once among the busiest anywhere and that's how Earhart and her navigator, Fred Noonan, found it when they arrived on June

29 after completing 35,000 kilometres of their round-the-world flight.

The intrepid pair checked into Lae's 'plush' and only hotel, the Cecil, and were greeted by the owner, Flora 'Ma' Stewart. Once







**Flight path ... Amelia Earhart and her navigator, Fred Noonan, were on the final leg of their record-breaking, round-the-world flight in 1937 when they took off from Lae and vanished.**

the only art-deco building in Papua New Guinea, it somehow survived Japanese occupation, but was demolished in the 1970s. It would be enthralling to be a fly-on-the-wall at the dinner table as Earhart and Guinea Airways

general manager, Eric Chater, discussed the flight thus far and the dangerous and complicated 11,000-kilometre trans-Pacific legs that lay ahead.

While Earhart dined privately in the comfort of the Chater

household, Noonan took the opportunity, in the absence of an invitation to join Earhart, to go drinking with some of the local flyers, Bertie Heath and Jim Collopy. Noonan waxed on about his time with Pan American

flying their Clippers around the Pacific and how he had no specific apprehension about the next leg as he felt particularly qualified to find the speck that was Howland Island. The two noisily put the drunk Noonan to bed about ►



Mystery of the air

midnight, waking Earhart in the next room.

While the pair enjoyed a break at Lae, Chater's mechanics were busy servicing Earhart's Lockheed Electra, attending to several issues Earhart had noted on the eight-hour flight from Darwin. Chief mechanic, Ted Finn, oversaw the operation and Earhart spent some time in the hangar watching them work on the engines, radio and gyro.

Earhart was keen to get going as soon as possible, but first had to attend to many messages that were relayed via the AWA wireless station, as there were no phones in Lae. Harry Balfour was the sole operator of the rudimentary station.

She had to rely on expensive, hand-transcribed dispatches, which contained crucial weather

observations and route advice from both the US Navy base at Pearl Harbor in Hawaii and the US Coast Guard vessel, *Itasca*, which was stationed off Howland Island to provide radio guidance.

Heavily laden with 1100 US gallons of fuel, the Electra took off from old Lae airstrip amid great fanfare, with many locals turning out to see the pair off. A black-and-white film taken by young Guinea Airways employee Alan Board, and the still photos taken that day, are the last known images of her, Noonan and the Electra.

The film and images were recently analysed by Jeff Glickman, an expert forensic examiner, and it has been determined that an antenna attached to the underside (belly) of the aircraft was likely



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Mystery of the air



“

Heavily laden with 1100 US gallons of fuel, the Electra took off from old Lae airstrip amid great fanfare, with many locals turning out to see the pair off.

”

ripped from the Electra as it taxied to take off. The specific function of this device has been subject to some debate, and how it could have affected the flight ahead has been debated by experts in many books and internet forums.

As the aircraft disappeared to the east, the weather reports Earhart had been waiting for arrived from Hawaii and attempts were made to transmit this information to her. The success, or otherwise, has never been fully established and crackly, garbled transmissions continued for the next few hours. The last verified position report was near the Nukumanu Islands, 1300 kilometres from Lae.

From this point on, matters get confused. There have been many theories about the ‘disappearance’, but it helps to understand the political mood in the region at the time, especially relations between the US and Japan.

In 1937, the Japanese had control of most of Micronesia through to the Marshall Islands, having been ceded them by the League of Nations as a protectorate after the defeat of Germany in World War 1. Beginning in the 1920s, the Japanese were expanding the settlements all through this huge territory by encouraging civilian migration from Japan. ➤

**High flyer ... a publicity photo of Amelia Earhart and her Lockheed Electra at Miami, in the US. About a month later she disappeared after leaving PNG.**



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Mystery of the air



Plane talk ... Amelia Earhart and Fred Noonan discussing the route across the Pacific (right); one of the last photos of Earhart as she prepares to leave Lae (opposite page).

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Things were going fine for a while, but in the early 1930s Japan began to quietly build its military presence in these territories in contravention of its agreement with the League of Nations. Chuuk in Micronesia, for example, was expanded to a huge military base to rival Pearl Harbor, as well as suspicious installations in the Marshall Islands, uncomfortably close to the main US base in Hawaii.

The US government had taken particular interest in the ambitious empire, especially after Japan's military intervention in China and clear signs it was building its armed forces elsewhere in Asia and the Pacific. What if an otherwise innocent civilian flight could be diverted to reconnoitre these secret islands and determine if Japan was demonstrating hostile intentions to its neighbours, the US included?

It was well known that Earhart was short of funds after the first (east to west) attempt at the round-the-world flight ended in an

expensive accident in Hawaii. But she miraculously acquired enough money to relaunch her attempt just two months later, when the flight took off from Oaklands, California, in the opposite direction.

For the final and most difficult section across the Pacific, the aircraft was equipped with advanced RDF equipment and, as mentioned earlier, had the support of the US Coast Guard and a specially built airstrip on remote Howland Island. Proponents of this theory have suggested that was quite an unusual and conspicuous investment for a pair of 'stunt flyers'.

Oral history in the Marshall Islands strongly supports the theory that the Electra either crash-landed or was force-landed at Mili Atoll, near the regional capital of Jaluit. A set of storyboard postage stamps were even issued to recall this event.

The theory goes that the pair, accused of espionage, became





Mystery of the air



prisoners of Japan and were sent to jail on Saipan where they were incarcerated for several years until they either died or were executed.

“It was widely known throughout the islands by both Japanese and Marshallese that a Japanese

fishing boat first found them and their airplane near Mili,” recalls one of the Marshall Island’s most prominent modern pioneers, Robert Reimers. “They then transferred them to a bigger boat (believed to be the *Koshu Maru*). They were

brought to Jabor, where (local medic) Bilimon (Amaron) treated them. They were then taken to Kwajalein and from there to Truk and then Saipan. There was no mystery ... everybody knew it!”

Another theory gaining much traction at the moment, despite scant evidence, is that when the plane became lost or disorientated near Howland Island, they crashed near Nikumaroro (then known as Gardner Island) in Kiribati. It is here that it is believed they survived for a time as castaways until dying.

But in recent years a far more intriguing theory has emerged: that the wreckage of the Electra is hidden in the jungle near Kimbe.

Timothy Joe Aiap, from Urin village high in the Whiteman’s Range in the Kandrian district of West New Britain, claims to have found wreckage that conforms to the description of the Earhart aircraft. Other commentators have cast doubt on that, claiming instead that he has found a lost US bomber or fighter aircraft, possibly a B-24 (Liberator) or P-38 Lightning.

One of those experts interested in the West New Britain theory is retired Australian aviation engineer David Billings, who is working from a World War 2 map unearthed from lost archives in 1993, which detail findings by Australian soldiers on patrol in East New Britain in April 1945.

The most perplexing clue in this mystery is that the soldiers recovered a manufacturer’s tag from the wreckage that matches ‘precisely’ the serial numbers from Earhart’s Lockheed 10E Electra. While the tag itself was handed in to authorities at the time, the notes still exist handwritten on the original patrol map. This theory suggests that Earhart invoked a contingency plan to turn back in the event of an emergency.


All of this reminds us that the enduring mystery of Earhart and Noonan’s disappearance continues to grip the imagination and spawn a wealth of conspiracy theories that go beyond a simple record-breaking stunt to espionage, official secrecy and a meticulously orchestrated cover-up. ■

WHAT WE KNOW, AND WHAT WE DON'T KNOW

■ At least four feasible theories exist about Earhart’s disappearance.



■ Was the famous aviatrix engaged by the US government to spy on Japanese installations in the Marshall Islands?

■ Was her plane’s wreckage found in New Britain, opening a whole new conspiracy theory?



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Photo of Trukai's harvester at Chingwam rice farm in Morobe Province.

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# Private kitchen: dinner with a celebrity chef

*Penny Watson* settles in for an epic eight-course degustation at an out-of-the-way Hong Kong eatery.

I have memories of a cartoon in which an exasperated driver gets lost on the endlessly looping inner-city highways of Los Angeles, unable to get off. I'm in a taxi, but that's a bit how I feel. In true Hong Kong style, the journey to Yin Yang Coastal private kitchen, in the New Territories, involves traversing some serious highways in majorly urban areas.

But just when I think we can't possibly be in the right place, the taxi driver pulls into a deserted car park. With a nod of his head he directs my friends and I toward a pedestrian overpass, glaringly lit up in the night. It seems he can follow Yin Yang Coastal owner Margaret Xu Yuan's directions, even if we can't.

We cross the overpass. On the other side, a lift sinks us below the road to a footpath that leads into Ting Kau, a jungle-green village on the edge of the bay. It's so quiet we tiptoe along a pavement lined with two and three-storey concrete villas. A couple of frogs brave my footfall and a cat slinks past in the dark, then the beach comes into view. Beyond it the red-lit spans of a bridge slip away into the inky night and the sparkling lights of high-rises in unknown suburbs wink at us across the water. A couple on the sand prepares to light a lantern in celebration of mid-autumn festival. Beyond them, a shuttered older-style building with a flat roof and its toes almost in the water, is lit up from inside. We're here.

Margaret Xu Yuan is a Hong Kong celebrity chef, but she greets us at the door like we are old friends. We four are the only guests tonight and the open kitchen with a couple of dining tables could be a domestic setting, if it weren't for the enviable pro stainless steel Miele appliances, studio lighting and Ho Chi, Xu Yuan's other chef and business partner, whose tattooed arms rattle the pans diligently in the background.

I first interviewed her in 2010 at her original Yin Yang restaurant in Wan Chai on Hong Kong Island. She was headed to Australia as a guest of the Sydney Food Festival, her pioneering use of homegrown organic produce and traditional Chinese cooking techniques having brought her instant recognition. She cooked me her signature Yellow Earth Chicken, roasted in an urn she



**Delectable dishes ... Margaret Xu Yuan preparing her 'Autumn Leaves' (top); the 'Yellow Earth Chicken' that the author rates as the best ever (above).**

made by up-ending two terracotta pots, and I can still remember reckoning that it was the best roast chook I'd tasted.

I'm rapt to see it on the menu tonight, but Xu Yuan assures me the Wan Chai days are behind her. When the lease expired three years ago, she grabbed the opportunity to escape the frenetic pace of the inner city and its rapidly evolving food scene. Her new focus would be this garden beach house and old Hong Kong fishing village cuisine "reborn with wild contemporary notes".

Tonight, we're having a 'surf and splash' eight-course dinner. As is often the case in private kitchens, you need to book well ahead. Her Hong Kong coastal cuisine, she tells me as she pours a glass of gewurztraminer (exceptionally well paired with Chinese cuisine), is a re-invention of older, traditional fishermen's home recipes.

"Most pre-colonial coastal Hongkongers eat whatever their daily boat harvest is, Cantonese fishermen's style," Xu Yuan says. "A lot of fish and seafoods, mixed with dried fish, dried prawns and cuttlefish, preserved salted vegetables, salted seafood and basically things that keep on the boat without a fridge.

"This has filtered down into Cantonese culture today. The fish market is an everyday thing – most Cantonese love seafood in their daily diet." ➤



Private kitchen

Xu Yuan’s cuisine is a re-invention of these recipes, retaining the traditional flavours and techniques and layering them with her interpretations. Her love of fresh, organic and sustainable ingredients (from her nearby farm) shines in each dish and her creativity (she was a designer in a former life) endows her food with an almost whimsical quality that is captured in the names she gives them.

Tofu Cloud, in a martini glass, is homemade organic tofu set with hand-filtered seawater and topped with fresh crabmeat. The blue-tinted tofu is a conceptual take on the blue sea. Autumn Leaves is a platter of whelks prettily garnished with pickled pink garlic, chilli okra sauce and shiso leaves. The whelks are not as popular as conch shells, but are far more sustainable, she explains.

Night Fever is a wild-caught, lightly fried fish, served whole.

“Traditionally, boat people would marinate the fish in salt overnight for extra flavour,”



“

Tofu Cloud, in a martini glass, is homemade organic tofu set with hand-filtered east coast seawater and topped with delicate fresh crabmeat.

”

she says. Instead Xu Yuan has added Sichuan peppercorns to the extra virgin olive oil marinade giving the subtle fish flavour a tingling chilli hit.

Lobster in Spa, Tiger Chasing the Dragon and Live Duet induce similarly intriguing historical and providential culinary anecdotes

from Xu Yuan as she serves them. It makes dinner more of an experience than a meal. ■

**Menus start from \$HK880 (about PGK360) per person and must be pre-booked. See [yinyang.hk](http://yinyang.hk).**

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# COMMUNITY SPIRIT

Kevin McQuillan meets a Papua New Guinean who is dedicated to furthering the opportunities of traditional communities.

Nothing in life is a silver bullet, but education is a strong foundation and enables success. That's the philosophy behind the Mind Garden Projects, started by Benson and Kate Saulo.

Benson, 29, is a descendent of the Wemba Wemba and Gunditjmarra Aboriginal nations of western Victoria and the New Ireland Province of Papua New Guinea.

Rising from a career start as a bank teller with the ANZ in the NSW town of Tamworth, Australia, Benson went on to become a business analyst in the indigenous employment and training team at ANZ.

Last year he joined Australian Unity, a healthcare, financial services and independent and assisted living organisation. The opportunity to develop and implement strategies to better engage with indigenous communities was an incentive for him to join the company.

"My role (head of community strategy) is to promote respectful relationships and opportunities with indigenous communities, customers and business through our workforce, products and services and our own employees' cultural awareness," he says.

"I am passionate about the positive role that large companies, like Australian Unity, can play in promoting economic empowerment, community leadership and reconciliation between our First Nations people and other Australians."

**Like minds ... Benson and Kate Saulo started the Mind Garden Project to enhance education in PNG.**

“  
My hope for Papua New Guinea is that young people can gain a quality education and have a positive impact in politics, business and community development.”

His role with Australian Unity follows an impressive list of accomplishments as a youth advocate and community leader, including being the first indigenous Australian to be appointed the Australian youth representative at the United Nations in 2011.

This unique position and experience led him to become the founding director of the National

Indigenous Youth Leadership Academy to strengthen indigenous young peoples' voices on issues impacting them, including mental health, climate change and suicide prevention.

Benson's father and mother met at Bible College in Cootamundra in NSW. Their commitment to the ministry led them from Brisbane to Tamworth.

"In 2016, they fulfilled their long-term plan of returning to my father's home at Lafu village on the west coast of New Ireland."

Mind Garden Projects came to life following a visit to his family on New Ireland.

"During our trip, we visited a couple of schools and had the opportunity to facilitate some workshops with students and teachers. The schools were Ussil Primary, which is near Lafu, and Neikonimon Community School." In both schools, there was a shortage of books.

"Kate – a doctor in clinical and forensic psychology – has been really blessed with the opportunity of education, as have I, and seeing the lack of school and teacher resources, decided that as part of our responsibilities to our family, we needed to do something.

"We really wanted to support students to increase their numeracy and literacy skills, and support teachers to deliver quality education."

So back home in Melbourne, they established a crowd-funding campaign to buy books and stationery. The campaign raised \$AUD3500.

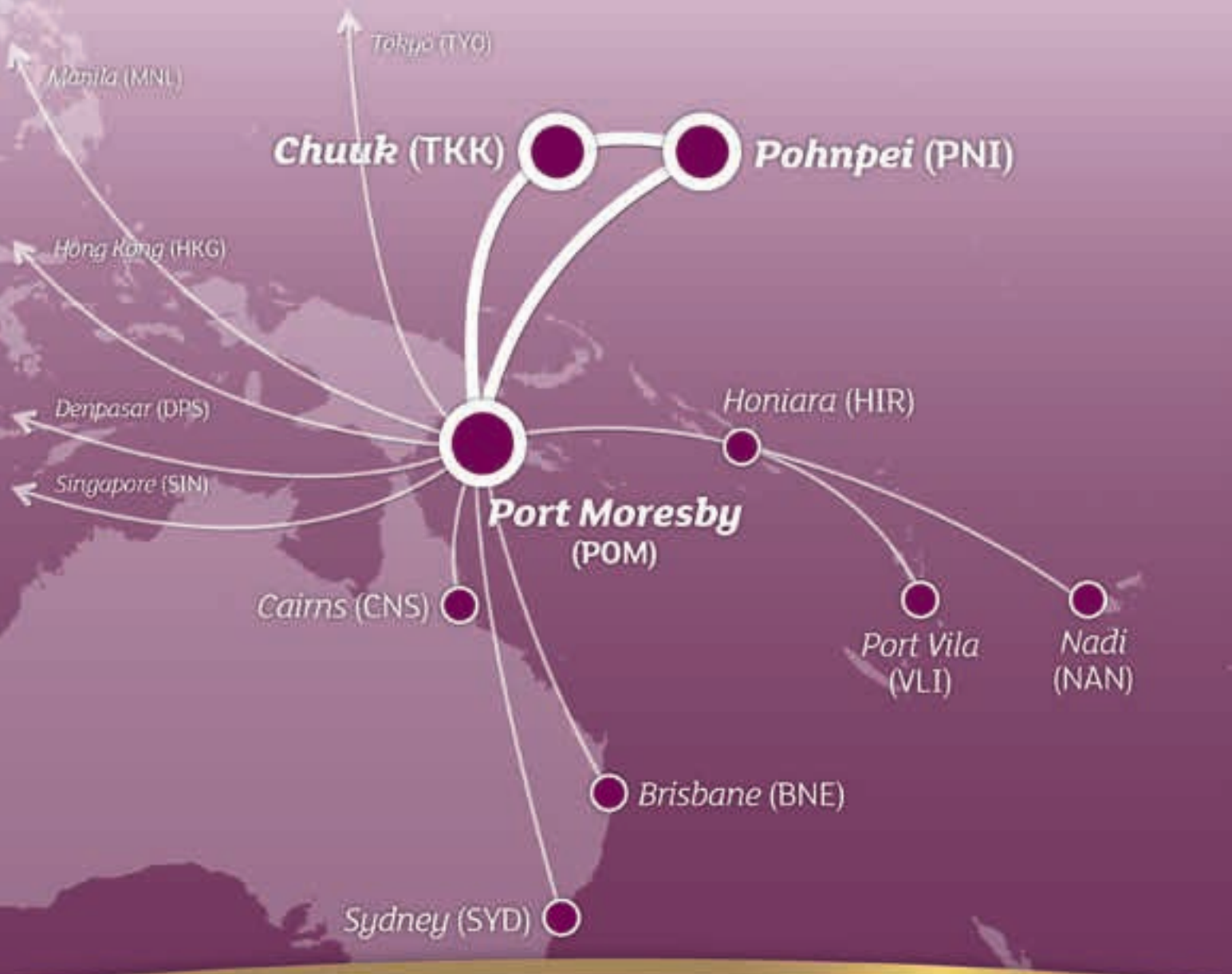
"We also had a book drive and had wonderful supporters here in Melbourne who donated school books – readers for years one up to teen novels."

Mind Garden Projects has since provided over 1000 books to four schools.

"My hope for Papua New Guinea is that young people can gain a quality education and take that opportunity to have a positive impact on the nation in politics, business and community development." ■







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# Fish gets even more fabulous

**F**ish is a nutritional superstar and is one of the most commonly served ingredients in traditional Papua New Guinean dishes, which are also filled with plant-based foods such as the sweet potato-like *kaukau*, fresh greens and bread made of sago palm flour.

While fish is linked to dozens of health benefits – from improving mood to maintaining eyesight – latest research shows its ability to also reduce the painful symptoms of rheumatoid arthritis. This is especially good news considering the condition is on the rise in PNG.

Research by the American College of Rheumatology found that people with rheumatoid arthritis who eat fish twice a week suffer far less from swollen and tender joints than people who never eat fish, or only enjoy it once a month.

Stepping up fish consumption to more than twice a week leads to proportionally less arthritic symptoms, according to the results

reported in the latest edition of the *Arthritis Care & Research* journal published by the college.

Even if you don't have arthritis, fish can help you feel a lot better. One of the world's best sources of brain-friendly omega-3 fatty acids and energy-boosting protein, previous scientific studies have found regularly enjoying fish can lead to lower rates of heart disease, stroke and depression, helps prevent macular degeneration, and promotes better sleep thanks to the high vitamin D content. In children, fish consumption reduces the risk of type one diabetes and is linked to a 24 per cent lower chance of developing asthma.

All this means you can enjoy PNG's many seafood dishes with a clear conscience, including one of the South Pacific's most-loved, Kokoda fish. Made of marinated raw fish, it also just happens to be one of the easiest dishes to prepare at home.

## Kokoda fish Serves 6

### Ingredients

1 kg of fish fillets (any firm white fillets),  
1 cup lime or lemon juice,  
1 clove garlic (crushed), ½ to ¾ cup of coconut cream.

### Garnish:

sliced hard boiled eggs,  
onion rings,  
cucumber and sliced tomato

### Method

Remove skin and bones from the fish and cut into 1cm cubes. Put in a glass or earthenware bowl and pour juice over.

Cover and refrigerate for six to eight hours, turning from time to time with a spoon.

Take fish from bowl and drain off juice. Mix the garlic with the coconut cream.

Divide fish into six bowls and pour the coconut cream over the fish.

Garnish with eggs, onions, cucumber and tomatoes. If available serve with baked bread fruit and baked bananas.





## WILD FITNESS



The luxurious Nihiwatu Resort on Sumba Island, in Indonesia, is taking its extensive fitness program a step further with its first Wild & Free yoga retreat.

Wellness gurus, Sjana Earp and Rod Cooper, are leading the retreat focussing on their specialised movement concepts, including 'animal flow', acrobatics, gymnastics, calisthenics and yoga.

A feature of the retreat is the spectacular locations. Guests will practice yoga and hear inspiring talks in surroundings such as the resort's impressive yoga pavilion overlooking a private idyllic beach, beside a 30-metre waterfall, or on a private island surrounded by rice paddies.

There will be opportunities to trek the jungle, learn about ancient tribal culture and visit remote corners of Sumba. ■

**The Wild & Free retreat is from October 7–12, from \$US3495. See [nihi.com](http://nihi.com).**

## MOUNTAIN WORKOUT



Adventurers opting to hike Southeast Asia's highest and most accessible mountain, Mount Kinabalu, during October will also have the

chance to witness the biggest annual event on the 4095-metre Malaysian peak.

On October 15, runners from around the world will take part in the 30th Mount Kinabalu International Climbathon, reaching the summit in as little as four hours via a route that takes regular visitors about 10 hours over two days. Tourists are welcome to watch the start at the invitation-only race in Kinabalu Park and cheer on racers to the finish.

Climbing Mount Kinabalu, considered a bucket-list activity by many, is also promoted as one of the best workouts in Asia: the average trek from Kinabalu Park to Panalaban on day one takes about five hours and is

estimated to burn more than 4000 kilojoules (1000 calories).

What's more, it is not difficult. Participants need be healthy and fit enough to walk five to six hours uphill on the first day, then three hours to the summit the next after a hearty meal and overnight rest. No rock climbing skills are required, just good shoes.

The climb is popular and booking up to six months ahead is recommended to secure prime spaces in rest houses. The non-monsoon season through February, March and April is the best time to go.

**See [mountkinabalu.com](http://mountkinabalu.com)**

## THE GOOD OILS



Truly natural skin products are hard to find. This is why The Summit Vanuatu (TSV) company takes pride in its pure range of skin fixits, hand-

made from locally grown plant products and oils.

The range of oils, skin, hair and body products – plus soaps and candles – are hand-made from sandalwood, cocoa butter, ground coffee beans and virgin coconut oil, as well as the lesser-known nangai and tamanu oils.

Beneficial properties of nangai and tamanu nut oils extend beyond simply moisturising, plus TSV's products are hand-pressed to maintain their full anti-inflammatory and anti-bacterial and qualities.

Nangai is especially nutritious and thought to alleviate arthritis pain, and used to treat acne and eczema. Tamanu oil is also renowned in the Pacific for a huge range of uses, from treating hair loss to healing wounds and reducing the

appearance of stretch marks and wrinkles.

TSV's objectives are as noble as its products. In founding the company in 2012, Patricia Rivier and Lesley Batty have succeeding in their goal to provide dozens of jobs for locals, plus a new and growing market for farmers. Even the packaging is hand-made, and of clean, recycled cardboard.

"We are very proud that our products are what we say they are – pure and real and hand-made, not a concoction of chemicals mixed in a test tube," says Batty.

TSV ships worldwide from its distillery near Port Vila. Visitors are welcome to view the hands-on production and distilling processes and browse the on-site shop.

**See [thesummitvanuatu.com](http://thesummitvanuatu.com).**



# Gadgets and travel accessories

## Recycled pocket knife

Any traveller worth their salt knows that the key to a good adventure is a good pocket knife. And here's one with a difference: Victorinox has released a limited-edition range of the nifty knives using recycled caramel-coloured 'Livanto' Nespresso capsules in the handle designs. With billions of Nespresso's aluminium and plastic capsules going into landfill around the world each year, it's nice to know our consumer dollar can see some of them being repurposed, and in a super stylish way, too. *About PGK240; victorinox.com.*



## iPad sound boost

For those journeys when you only have your iPad, this SoundBender is the best non-powered way to squeeze every dollop of sound out of it. A magnet clips the plastic scoop-shaped attachment around the speaker of your iPad, directing the sound up towards you, so you get enhanced sound without wires, a power source or a bulky speaker. Comes in a variety of colours, and fits iPads 2, 3 and 4. *About PGK41; amazon.com.*



## Clever keyboard

Brydge has been creating great iPad keyboards for a while now. But in exciting news for Microsoft users, the company has launched its first keyboard for the Surface Pro. With a slick design and sturdy construction, the Brydge 12.3 clicks on to the Surface, transforming it from handy travel tablet to laptop. *About PGK598; brydgekeyboards.com.*



## Smartphone remote

This nifty smartphone remote can help you avoid those awkward frozen smiles you get when using a self-timer. Just use Bluetooth to pair Satechi's BT Shutter Button with your smartphone, then press the button when you want to snap a blur-free photo that doesn't feature the back of your head as you run back into position. *About PGK80; satechi.net.*





### Blue-light glasses

Although we're aware that the blue light seeping from our mobile phones, laptops and TVs can affect our sleep quality, we still can't help logging in when we should be winding down – especially when we're on the road. By helping to absorb 98 per cent of that blue light before you shut your eyes at night, these orange-tinted glasses from UVEX (which also have an adjustable ratchet for a snug fit) can improve your sleep quality, helping you hit the ground running the next day. *About PGK53; optimoz.com.au.*



### Trendy T-shirt

Environmentally friendly, good looking and comfortable, the Voyager Peak T-shirt from UK-brand Berghaus is a triple threat. Made from a sustainable eco fabric called 'Colourkind', which uses 89 per cent less water and 63 per cent fewer chemicals in its production, it also includes in-built sun protection that helps shield your skin against UV rays. Available in light grey, blue and red. *About PGK163; int.berghaus.com.*



### Solar charger

When you find yourself off the grid, but you still need power to charge your camera or speakers, the Anker PowerPort solar charger might be your best friend. Just unfold the compact, lightweight panels on the ground – or if you're on the move attach them to your backpack using the eye-holes on each corner – and start charging your devices using the power of the sun. *About PGK191; anker.com.*



### Aztec camp rug

If you're feeling like your next camping adventure could use a bit of a pick-me-up, this limited edition Seek Society camp rug could be just the thing. Hand woven with a geometric Aztec design, it will look as good tossed down as a picnic rug as it will around your shoulders by a crackling fire. It comes with a stylish leather and brass carrier, so you can sling it over your shoulder or chest for hiking adventures. *About PGK381; theseeksociety.com.*



### Portable router

One of the most frustrating travel moments has to be finding yourself in a hotel that has yet to enter the 21st century, where you're unable to find a secure mobile hot spot. Well, you can avoid it by investing in HooToo's TripMate Elite, which lets you instantly convert a wired network to a wireless one via its Ethernet port, and also extend or bridge existing Wi-Fi signals. This natty device also works as a dual USB wall charger and power bank, so you can charge two mobile devices at the same time. *From about PGK140; hootoo.com.*



### Fossil smart watch

One of the best-looking smart watches we've seen around, the Fossil Q Tailor is a discreet, intelligent timepiece that connects to the Fossil app on your phone via Bluetooth to send you social media, text, email, calendar and app alerts. You can also track your fitness and sleep with it, take a photo with it, control your music or find your phone with it. The best part of all is that it looks like an elegant analogue watch and comes with stylish interchangeable straps. *About PGK605; fossil.com.*





### **Blade Runner 2049**

Thirty-five years after Harrison Ford hunted androids in Los Angeles, we get the long-anticipated sequel to *Blade Runner*. The original 1982 film was directed by Ridley Scott (*The Martian*) and left a major imprint in pop culture, even though it was not a box office success. Canadian director Denis Villeneuve has taken over directing duties and, like he did with the Amy Adams sci-fi *Arrival*, he brings with him a bold vision.

Harrison Ford returns to one of his most iconic roles, but leading man duties have been taken on by Ryan Gosling (*La La Land*) and he is joined by new cast members Jared Leto (*Suicide Squad*) and Dave Bautista (*Guardians of the Galaxy*).

The original film is remembered most fondly for its evocative music and influential design of a futuristic neon-filled LA, which have been copied and replicated by filmmakers since it premiered. Both of these are a heavy part of this new film. In many ways *Blade Runner 2049* feels similar to the recent *Mad Max: Fury Road*: it is a stylish continuation of a long-dormant franchise, but with all of the slick and mega-budget modern thrills that audiences today expect.



### **Battle of the Sexes**

Sport has a long tradition at the movies. Boxing has been popular since the early days of black and white silent films, but baseball, American football, and basketball have also been common on the big screen for decades. Tennis, however, isn't a sport that filmgoers are used to seeing outside of backyard matches in high society.

This is part of what makes *Battle of the Sexes* such an interesting film, alongside the true story at its centre. Emma Stone (*La La Land*) and Steve Carell (*Foxcatcher*) star as Billie Jean King and Bobby Riggs, two top athletes of the game who battled it out on prime-time television in 1973. It was an event that was watched by 90 million people worldwide, attracted by King's energetic talents up against Riggs' brash, chauvinistic personality.

Directed by Jonathan Dayton and Valerie Faris, this husband and wife team found success in 2006 with *Little Miss Sunshine* and it makes perfect sense for a male–female directing team to take the reins on this comedy with a social edge.

Stone, fresh off her recent Academy Award win, is well cast in a role that utilises her comic skills.



### **Flatliners**

In yet another long-delayed sequel to a cult favourite, the 1990 techno-thriller *Flatliners* is getting a hi-tech follow-up. The original starred Julia Roberts, Kevin Bacon and Kiefer Sutherland, but only the latter 24 hero returns in this modern update from Danish director Niels Arden Oplev (*The Girl with the Dragon Tattoo*).

Despite 27 years since the first one became a box office smash, the story remains more or less the same. The new cast of willing participants to *Flatliners'* warped medical experiment include Ellen Page (*Juno*), Nina Dobrev (*The Vampire Diaries*) and Diego Luna (*Rogue One: A Star Wars Story*).

Five doctors attempt to discover what happens after a person dies, risking their lives to find out what is on the other side of death. As these guinea pigs grow increasingly brazen with their deadly tests, they discover that their brains are effectively being rewired, and they are also bringing back something sinister with them to the world of the living, and the barrier between the living and the dead begins to shift. The horrors found in *Flatliners* promise to thrill fans of the original and to bring in new fans who won't be familiar with the film's death-defying stunts.

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





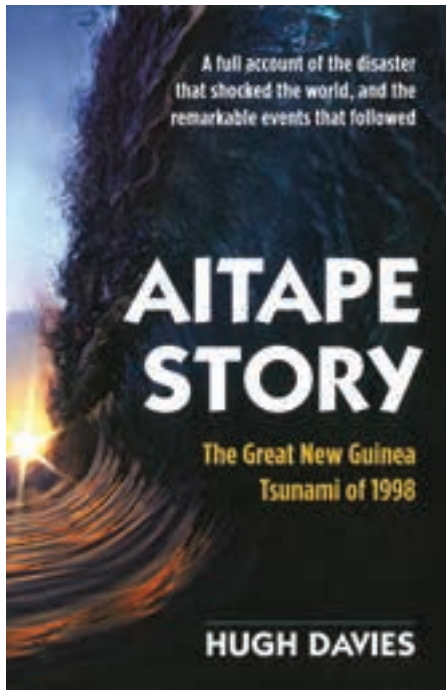
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***Aitape Story: The Great New Guinea Tsunami of 1998* (Halstead Press), by Hugh Davies**

In 1998, a tsunami struck Aitape, a small town on the north coast of Papua New Guinea, and nearby villages.

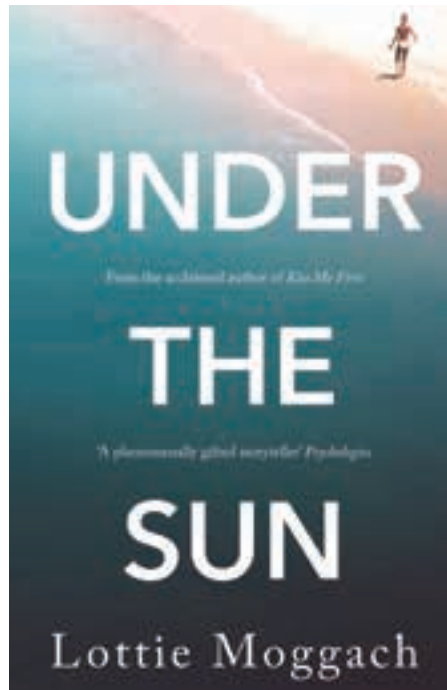
Hugh Davies is a professor of geology at the University of Papua New Guinea (UPNG). Born in Australia he first visited PNG in 1957.

In 1994, Davies assisted volcanologists after the volcanic eruption that laid waste to Rabaul. From 1998 to 2001 he was intimately involved with many aspects of the Aitape tsunami aftermath.

His book, in part, recounts the events of July 17, 1998, after the waves (there were three) pummelled Aitape, swept away two villages – Warapu and Arop – and damaged others. Up to 2200 people died, many were injured, and about 11,000 people abandoned their coastal village sites and moved inland.

The book covers many aspects of the disaster, including the emergency response, and serves as a tribute to those who died. Davies lived among the Aitape survivors for months. "I know part of him never left the tsunami-affected area," wrote one friend.

The book can be bought from the University Bookshop, UPNG.



***Under the Sun* (Pan Macmillan), by Lottie Moggach**

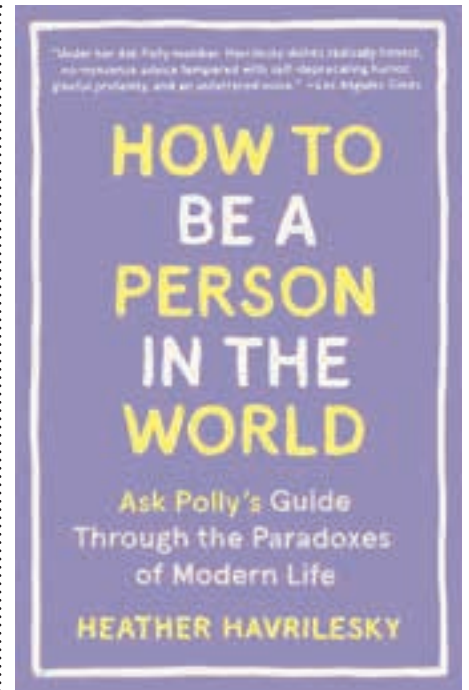
This, the author's second novel, follows her critically acclaimed debut novel, *Kiss Me First*.

*Under the Sun* has been described as urgent, gripping and brilliantly observed, and while this might be a work of fiction some of the themes within it – heartbreak, identity, migration and finding a place to call home – have places in many of our lives.

The story's main character, Anna, leaves her small but perfect London flat, her job as a graphic designer, and her friends to embark on a new life. She's fallen in love with an artist. Her new perfect world includes renovating a *finca* (Spanish farmhouse).

But three years later the dream has shattered. At the lowest point of the Global Financial Crisis, Anna is left alone in Spain – with a *finca* she can't sell. With few options she takes up running a bar for English expats, many of them also trying to go home.

When a local businessman asks to rent the *finca* on a long lease, Anna wonders if this might be the key to rebuilding her life. But the man might not be who he says he is, and when a body washes up on the beach, it's clear that Anna's troubles are only just beginning.



***About How to Be a Person in the World* (Penguin), by Heather Havrilesky**

This *New York Times* love and relationships bestseller is from the author of the much-read advice column *Ask Polly* in *New York* magazine's *The Cut*.

In this collection of her work, Havrilesky guides readers through the 'what if's' and 'I don't know's' of modern life. Tough love, wisdom and wit are found in the author's responses to lovers or haters, the anxious or the down-and-out.

Should you quit your day job to follow your dreams? How do you rein in an overbearing mother? Will you ever stop dating wishy-washy, non-committal men? Should you put off having a baby for your career?

The praise from the author's peers is extensive.

"The best advice column of her generation," gushed one writer in *Esquire*.





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## PNG'S BEST COCOA ON SHOW

Cocoa is PNG's third major commodity export after palm oil and coffee. *Annette Sete* reports on the industry's inaugural cocoa of excellence show.

Papua New Guinea's inaugural cocoa of excellence show at Kokopo earlier this year attracted farmers from across the country.

One of the aims of the 2017 Air Niugini PNG Cocoa Warwagira (*warwagira* means 'show' in the local Tolai language) was to find the best cocoa to represent PNG at the International Cocoa of Excellence show in Paris in November.

Farmers were judged in various categories, including best cocoa quality and best-managed block.

New cocoa farmer, Grace Klembasa, from West Sepik, won gold ahead of 36 finalists selected from 158 entries.

Klembasa is a smallholder with 2000 trees and it was her first harvest.

Kulkul Plantation on Karkar Island, Madang, got silver, and bronze went to John Yalabing, a smallholder in lower Watut in Morobe. Ramandu Plantation, in East New Britain, and Madang's Kulili Plantation were also commended for their quality.

PNG has won awards in the international cocoa arena previously, including in 2015 when cocoa produced in lower Watut was rated in the top five in the world.

“  
Papua New Guinea  
cocoa has long been  
recognised as of the  
highest quality.”

The show, which will now be staged bi-annually, also aimed to address cocoa quality issues and to organise group marketing to tap into niche markets.

Currently, PNG produces only one to two per cent of the world's cocoa.

“Therefore, our major strength lies in the quality of cocoa produced,” says Naithele

Wartovo, the export quality assurance manager of the Cocoa Board of Papua New Guinea.

“Quality cocoa is our strength and we have to protect it and promote it at all costs,” he says.

“Papua New Guinea cocoa has long been recognised as of the highest quality.”

He says PNG has the genetic material, good climate and soils to produce the very best cocoa.

Six international chocolate judges were involved in the Kokopo event.

They included Nathaniel Bletter, co-founder and 'Flavormeister' at Madre Chocolates in Hawaii; Lynn Jahnke from Charleys Chocolates in Australia; Luke Spencer from Spencer Chocolates in Australia; Sam Ratto from Videri Chocolates in the US; Martin Christy, founder of the chocolate review website Seventy %; and David Peate, former managing director of Paradise Foods in PNG.

Christy, the heady juror, said PNG's cocoa can compete with the world's best in terms of







PICTURES: ANNETTE SETE, MERIBA TULO



**Cocoa show ... (this page, clockwise from top left) an Ilugi farmer showing off his cocoa pods at the inaugural Cocoa of Excellence Show; more pods; a PNG flag flying on a cocoa float; winners and organisers at the show; (opposite page) a mouth-watering blend.**

its great flavours and bean quality. However, he said, more work needs to be done to improve fermentation for PNG farmers to sell consistently into high-end markets.

Cocoa is PNG's third major commodity export after palm oil and coffee. It is valued at PGK360 million per year and supports 150,000 households.

It is estimated that the industry is responsible for creating direct employment for 6000 people in PNG and indirect

employment for 10,000 in spin-off activities such as transportation, retailing and wholesaling.

Air Niugini was the naming rights sponsor of the event, which was also supported by the Cocoa Board of Papua New Guinea, the Pacific Horticultural and Agricultural Market Access program and the World Bank's Productive Partnerships in Agriculture Project.

The next cocoa *warwagira* will be in Lae in 2018. ■

## COCOA IS ON THE UP

The most recent cocoa market reports show that cocoa production has peaked at 40,508 tonnes after the cocoa pod borer devastated the industry in 2006.

According to Cocoa Board of PNG's chief executive officer, Boto Gaupu, production last year was up by 20 per cent, which resulted in increased export revenue by 32 per cent.

"Cocoa production and exports in 2015 was 37,571 tonnes, an increase of 6856 tonnes," he says.

Production and exports are expected to further increase over the next three years, Gaupu says.

The increase in production is attributed to conducive weather that supports crop development in PNG and the success of various programs, he says.

The programs include freight subsidies, alleviating the acute shortage of seeds, and ensuring there is availability of clonal planting materials that can withstand the cocoa pod borer.

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



# Singapore link for PNG

PNG businesses seeking to establish themselves in the Asian region are increasingly viewing Singapore as a stepping stone to other markets. *Sarah Byrne reports.*

Singapore is being taken seriously as a location for Papua New Guinean businesses. Last year, finance company Moni Plus announced a reverse takeover by Jaya Holdings that would see it listed on the Singapore Stock Exchange (SGX). The aim was to diversify the company's shareholder base, according to managing director, David Kelso.

PNG's biggest bank, Bank South Pacific, has also looked at listing on the SGX, although those plans have been shelved. Digicel, PNG's biggest telco, relocated its regional headquarters from Sydney to Singapore.

Deloitte PNG managing partner, Benjamin Lee, says that Singapore plays a key role for companies attempting to explore business opportunities outside of PNG. He says it is

also important for trade coming in and out of the country.

"Singapore's geographical location allows it to play an important role in terms of origin of imports to Papua New Guinea and also exports from Papua New Guinea," Lee says.

Director of PNG Economics, Paul Flanagan, says to expect an increase in Singapore-registered companies with PNG linkages, as part of a globalising world.

"The key issue will be if Papua New Guinea's growth rate in such registrations or linkages is growing faster or slower than other countries.

"This would be a partial metric to judge the hypothetical that Papua New Guinea could become a hub between Asia and the Pacific," Flanagan adds.



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The Singapore skyline ... PNG businesses are being attracted to the Lion City.

Singapore’s free economy, with one of the lowest levels of taxes, makes the country an attractive option for companies setting up a base to invest in PNG, Lee says.

Singapore has become a global hub for businesses seeking to trade with multiple countries, including PNG, according to Westpac PNG managing director, Adrian Hughes.

“Several Singaporean businesses have shown a keen interest in investing in or starting new businesses in Papua New Guinea, and we’ve had many inquiries from new entrants trying to enter the Papua New Guinean market,” Hughes says.

The increasing number of Asian-headquartered multinationals opening operations in PNG shows interest in the region and will assist in providing sustainable economic growth for the country.

“While Singapore has been good for multinationals entering the Papua New Guinean market, it has also been critical for Papua New Guinean businesses offering maximum exposure through access to this global trading hub,” Hughes explains.

Foreign exchange shortages are a challenge for business in PNG and could be a driver for companies basing themselves in Singapore, Flanagan says. ■

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# PNG CAFE PLANS TO OPEN IN CHINA

Duffy cafes have been a runaway success in Port Moresby; now there are plans to take them beyond PNG shores. *Kevin McQuillan reports.*

Five years after opening the first of three Duffy cafes in Port Moresby, owner and entrepreneur Travers Chue is preparing to expand overseas, marketing Papua New Guinean specialty coffee and premium health products.

"When we first started Duffy's, our goal was to create the first specialty coffee house in PNG, but now we want to manufacture premium health products in PNG and export them to China and across the globe," says Chue.

He has plans to open his first outlet in China's southern city of Guangzhou by the middle of 2018. At present, he is finalising an exact location.

The project is being funded through the family-owned, PNG-based parent company, Pacific Industries.

"We are planning to kick off very modestly in China with one store, which will be approximately 150 to 200 square metres.



Travers Chue ... wants to take Duffy to China.



**Brewing up a global expansion ... the Duffy store in China will sell a wide range of PNG products, including coconut water, cocoa and honey.**

"Once we get our feet wet and learn the ropes of doing business in China, then – only then – do we plan to spread our wings.

"The plan is to use our cafe business, which hopefully will have several outlets, to distribute these products to the Chinese market."

“

We intend serving the best premium-grade specialty coffee that PNG has to offer. This is going to be key to success in China.

”

He says products may include coconut water from Rabaul, cocoa from Bougainville and organic honey from the Highlands.

Chue is a firm believer in PNG and the export potential of its pristine products.

"We have so much potential for exports with our rich and resourceful land. Businesses in PNG should be focusing on capitalising on this and trying to expand their operations

outside of the country, rather than just relying on the domestic market."

Chue's approach to expanding to China is based around being a coffee shop and coffee brand that originates "from this exotic and mysterious land called PNG".

The secret, he says, is producing consistently high quality beans.

He praises the Coffee Industry Corporation for its annual PNG Cupping Competition.

"We are trying to teach the farmers that, if their coffee is getting higher cupping scores due to implementing and following strict procedures and practice, then we – the roasters – are willing to pay higher prices for their hard work.

"Growers need to see that there is more profit to be made in producing higher-grade coffee, from which they can earn more bang for buck."

He says it is the only way coffee farmers can overcome poor infrastructure, erratic weather conditions, deteriorating tools and minimal training.

"Most people who know PNG most probably know the country for its great coffee – and we intend serving them the best premium-grade specialty coffee that PNG has to offer. This is going to be key to success in China." ■





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# Big fix for Highlands Highway

The wheels are turning on a 10-year repair and maintenance program for PNG's most important road. *Kevin McQuillan* reports.

Work on the 'most critical' 90-kilometre section of the Highlands Highway will begin later this year, under an ambitious 10-year repair and maintenance program funded by the Asian Development Bank.

The Works Department recently advertised for expressions of interest from road building companies to gauge interest in the US\$1 billion (PGK3.2 billion) project. The aim is to once and for all make PNG's main arterial route, the Highlands Highway, a truly international quality highway.

Works Department secretary, David Wereh, says he is excited by the project because it is "workable and has long-term funding".

The funding will come from the Asian Development Bank's proposed Sustainable Highlands Highway Investment Program, aimed at ensuring that the 430-kilometres of two-lane highway from Lae to Mount Hagen is rehabilitated, upgraded and effectively maintained.

"Of all the roads we have in the country, the Highlands Highway is the most important," says Wereh.

“

By the end of this year, we should have a number of key contracts going out and construction work started.

”

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“It services three-quarters of the population. All the major mining and petroleum projects are located in the region.”

Seven hundred kilometres overall, the highway begins in Lae, travels through the Markham Valley, then climbs over the 1500-metre-high Kassam Pass to the Eastern Highlands capital, Goroka.

It then goes over the 2478-metre-high Daulo Pass, through Jiwaka Province to the Western Highlands provincial capital Mount Hagen, before splitting into two.

One branch goes through the Southern Highlands’ capital, Mendi, finishing at Tari; the other goes through the Enga provincial capital, Wabag, before finishing at the Porgera gold mine.

For most of its length, the Highlands Highway is no more than a single carriageway two-lane road, full of pot-holes and prone to landslides.

Wereh says the plan is to start drawing down immediately about PGK1 billion for



PICTURE: ROBERT UPE

The long and winding road ... a stretch of the 700-kilometre Highlands Highway near Tari.

the most critical 90-kilometre section, which runs from the Daulo Pass in Chimbu, going through to the Jiwaka–Chimbu border.

“By the end of this year, we should have a number of key contracts going out and construction work started.”

Maintenance of the road is a key part of the package, says Wereh.

He says the 10-year plan will see various sections of the road being built simultaneously, rather than working from one end to the other. ■

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PICTURES: RYAN HAWK, TKCP

# A CAFFEINE HIT

Something unusual is happening on PNG's Huon Peninsula. *Brian Johnston* looks at how local villagers have got involved in saving tree kangaroos by growing coffee and selling it into the US.

Imagine a group of conservation scientists sitting around a coffeepot one day on their morning break, and posing a riddle like something from a Dr Seuss tale. What could a good brew do to save a nice 'roo?

The answer, as it happens, is 'quite a lot'. While it mightn't have been a eureka moment over morning coffee, researchers in Papua New Guinea have come up with a seemingly counterintuitive plan to protect endangered Matschie's tree kangaroos. Yes, set up a protected area – a standard in the conservation world – but then encourage

local villagers to 'exploit' it by growing coffee.

The rest, as they say, is history.

The tree kangaroos are thriving, the locals have an income source, and the coffee – with its smooth body and subtle aromas of hazelnut and orange zest – is now being sold over the Pacific in the hipster cafes of Seattle. The scientists have created a caffeine hit.

The story of the 'roo and the brew started in 2009 with the establishment of YUS Conservation Area, named for three rivers (the Yopno, Uruwa and Som) in a remote region of

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**Fruits of labour ... Tep Tep villagers with coffee cherries (opposite page); tree kangaroo (above); a handful of freshly picked coffee berries (above left); YUS locals (above).**

PNG's Huon Peninsula. US-based Conservation International and Woodland Park Zoo in Seattle had been working on the project for a decade. The Huon Peninsula provides critical habitat for several species, including the remarkable tree kangaroo.

Declaring a conservation area that prohibits logging, mining and

other activities is all very well, but it never works effectively unless locals can be convinced of its benefits – particularly in PNG, where most land remains under local ownership.

Some 12,000 villagers inhabit 35 villages in the YUS region, so it was vital that they could draw sustainable benefits

from the conservation area. The solution was to create a strongly protected core in this mountainous landscape, surrounded by more flexible, mixed-use buffer zones that local communities could put to environmentally friendly use.

Small-scale farming was one such use, and already practised across the Huon Peninsula. Coffee growing wasn't necessarily the obvious choice of crop, however. True, the rich soils, climate and altitude all favoured coffee, but coffee farming had been tried and abandoned in the 1950s because of the challenges of transporting the product to market from this rugged, road-less region. That coffee was, however, directed at the local market. This coffee would absorb the high cost of transport by light plane by being sold internationally, at a premium.

It seemed like an absurdly ambitious plan, but Woodland Park Zoo had a fortuitous advantage in hometown Seattle, coffee capital of the US and a world centre for coffee roasting and supply.

Enter Caffe Vita Coffee Roasting Company, founded in Seattle in 1995 and one of the

pioneers of the 'farm direct' movement, which seeks to develop long-term, mutually beneficial relationships between farmers and businesses. It was already dealing with small-scale, sustainable coffee growers in far-flung places, and quickly became interested in the idea of YUS coffee.

"Caffe Vita stepped up not only to provide the structure and market support, but they even came with us to Papua New Guinea to meet the farmers, train them on coffee cultivation techniques and help them improve their product to the sensibilities of the gourmet Seattle coffee market," explains Dr Lisa Dabek, director of the Tree Kangaroo Conservation Program (TKCP).

The YUS Conservation Coffee Project thus became a joint effort between conservation groups, PNG's Coffee Industry Corporation and Caffe Vita. Some 400 families were trained in coffee farming and processing, and improved drying conditions for the coffee beans were established. "The farmers of YUS have shown remarkable progress toward implementing the changes necessary to improve yields, and, more importantly, ➤

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A caffeine hit

the quality of their coffee,” comments Daniel Shewmaker, Caffe Vita’s coffee buyer. “Our goal is the continual refinement of these farming and processing practices.”

The first-ever direct trade cash crop in the YUS region began to flourish. In early 2012 the first 22 bags of coffee were shipped to Seattle and sold both in drink form and as beans for retail sale. The coffee has a flavour that Caffe Vita describes as mellow, honey-like and nutty. Australian online retailer Jasper Coffee describes it as ‘sweet creamy biscuit praline’ with ‘hints of deep toffee chocolate’.

It isn’t just the tastebuds of Seattleites that have benefited. Local PNG hip pockets have benefited, too, in a remote

“  
Local PNG hip pockets have benefited. Better technical knowledge and access to an international market have seen their earnings increase 60 per cent since the inception of the coffee project in 2011.

”  
Morobe Province, in which YUS Conservation Area lies, has leapt up the list of coffee-producing provinces in PNG, which the Coffee Industry Corporation says is due, among other reasons, to partnerships with organisations such as the TKCP and the determination of Morobe farmers to sell their coffee in high-value

international coffee markets. In 2014, the innovative project was vindicated when the TKCP was award a prestigious Equator Prize by the United Nations for this sustainable local development project.

The coffee project continues to grow. “Through this process we have been warmly welcomed into the YUS community. It is an honour and privilege to roast this remarkable coffee and share in creating a better future for their families and the conservation of their land,” says Dabek. We might suppose that the scientists have benefited too, as they sit around their coffeepot, inhaling the mellow, nutty aroma of kopi YUS and waiting for that caffeine kick to provide their minds with the next bright idea. ■

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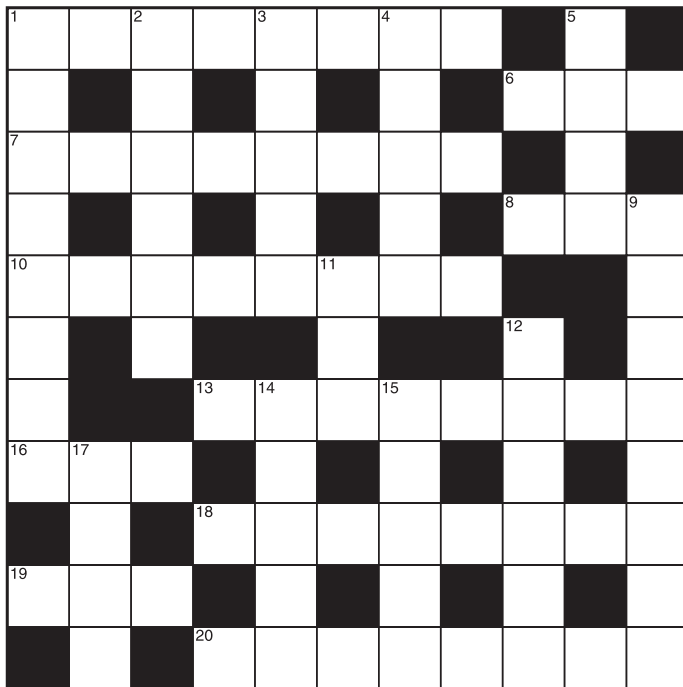
The consolidation of State's petroleum assets is progressive; KPHL has already assumed the ownership of the 10% shareholding in Oil Search bought by the State, and is currently in the process of transferring the other small oil and gas stakes the State owns in other projects.

KPHL is now the legislated to be the exclusive nominee for the State for its participation in any petroleum development; no other entity can be nominated in its place. This is good for all involved - the developers, sub-national levels of government as well as the petroleum project affected landowners.

The legislation makes it clear that KPHL has the right to be present in all technical and commercial meetings between the State and a Developer in the course of negotiation of a development and associated oil or gas agreement. This is important for KPHL's future relationship with the partners in a particular development, as it allows understanding them to participate in these discussions rather than passively entering the project only once the development has been decided.

### 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. As little sister, Ted gave support (8)
6. Discuss alternative blade (3)
7. Kidnap with a catapult (8)
8. Show disapproval of box office originally (3)
10. Girls after a short time get syrupy stuff (8)
13. I'm going into estate to give quote (8)
16. How to know in advance that Virginia will abandon Vespa (1,1,1)
18. "Where is bread made from beer?" I ask (8)
19. Overweight from the odd feast (3)
20. Renovated store in the red (8)

#### DOWN

1. Put bits and pieces together to make meal, Bess (8)
2. Horse's home remains unchanged (6)
3. Sings out warnings (5)
4. Dave went back east to escape (5)
5. Irish county found mayor right away (4)
9. Fixated bosses upset editor (8)
11. Posed for artist in satin (3)
12. Simpler ideas I eradicated in part (6)

14. Sheikh said to quaver with emotion (5)
15. Not being able to move, I take on crippling rent (5)
17. Rip off hidden bureau's camera (4)

### STRAIGHT CLUES

#### ACROSS

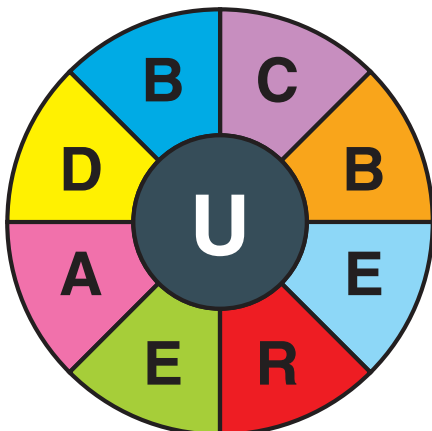
1. Helped (8)
6. Paddle (3)
7. Chinese port (8)
8. Ghost's greeting (3)
10. Sugar-refining by-product (8)
13. Rough figure (8)
16. Sixth sense (1,1,1)
18. Cake shops (8)
19. Dripping (3)
20. Repaired (artwork) (8)

#### DOWN

1. Gather together (8)
2. Steady (6)
3. Writes own name (5)
4. Dodge (fare) (5)
5. US health facility, ... Clinic (4)
9. Totally consumed (by) (8)
11. Rested in chair (3)
12. More effortless (6)
14. Seal deal, ... hands (5)
15. Still (5)
17. Confidence trick (4)

### Wheel Words

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



7 Good      15 Very Good      20+ Excellent

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# The Paradise Quiz

## HOW WELL DO YOU KNOW THE REGION?

1. In the practice of 'shark calling', how do PNG men attract sharks to their outrigger canoes?
2. How are the sharks then caught?
3. What is the name for a traditional Papua New Guinean drum?
4. How many Australian cities does Air Niugini fly to?
5. The charitable organisation Oxfam has helped train PNG farmers in apiculture. What is apiculture?
6. How many toes does a cassowary have on each foot?
7. Who is Gautam Adani?
8. Which book does Filipino politician and boxer Manny Pacquiao read every day?
9. Who defeated Manny Pacquiao for the WBO welterweight boxing title in July?

10. Which is the only country with an emperor?
11. The flag of which country is flown with its blue stripe up to indicate the nation is at peace, but red stripe up to indicate it is at war?
12. What is *rendang*?
13. In which city do you need a certificate of entitlement, valid for 10 years, just for the right to own and drive a car?
14. What is a joss house?
15. Name the seed (pictured).



# Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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# Solutions

## Wheel Words

Solution: Baud, Beau, Cube, Cued, Curb, Curd, Cure, Daub, Drub, Ecu, Rude, Rued, Urea, Crude, Cubed, Cured, Deuce, Educe, Redub, Curbed, Dauber, Dubber, Earbud, Reduce, Rubbed, Barbecue.

9-letter word: BARBECUED

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

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

## The Paradise quiz answers

1. By vigorous shaking of a coconut-shell rattle in the water.
2. By hand.
3. *Kundu*.
4. Four: Brisbane, Cairns, Townsville and Sydney.
5. Beekeeping.
6. Three. The middle toe has a dagger-like claw that the big bird can use as a weapon.
7. An Indian billionaire developing the huge Carmichael coal-mining project in Queensland.
8. The Bible.
9. Jeff Horn.
10. Japan.
11. Philippines.
12. A spicy dish (usually beef) that originated in Indonesia and includes coconut milk and spices.
13. Singapore. Certificates are obtained through a bidding system, and can cost around \$50,000 if you want to buy and drive a medium-sized car.
14. A Chinese temple.
15. Betel nut.

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# Out and about

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

PICTURE: PNG TOURISM PROMOTION AUTHORITY, DAVID KIRKLAND



## CLIMATE

With the exception of the Highlands, PNG 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. Although it can be costly, all the Port Moresby hotels listed in this guide provide a fast-speed internet service. In other urban centres, you may still be relying on dial-up. For those staying longer, wireless internet, via a USB modem, is available, although download speeds can vary.

**Phone:** International mobile phone roaming is possible in PNG but it is costly. A cheaper option is to

buy a local SIM card and pre-paid credit (including data packs for smartphones).

It is much cheaper to make international calls from PNG than vice versa.

Complimentary Wi-Fi is becoming more common at hotels, and is also available at Jacksons International Airport.

## ELECTRICITY

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

## GETTING AROUND

As a general rule in PNG, you need to plan your travel carefully.

**Taxis:** Recommended firms are Comfort (325 3046) and Scarlet (7220 7000).

**Car hire:** Deal with one of the international names and ask them to provide a driver (around PGK400 per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

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

**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 check in) online but make sure you print out a copy of your receipt to show at the check-in counter. Aircraft and helicopter

charter services are available for travel to remote locations.

## HEALTH

Serious medical conditions typically require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation alone can reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis in some parts of the country.

## MONEY

PNG's currency is the kina (PGK). ANZ and Bank of South Pacific (BSP) have branches at Port Moresby's international airport. ATMs are located around Port Moresby, Lae and other urban centres.

## SAFETY

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

## TIME ZONE

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

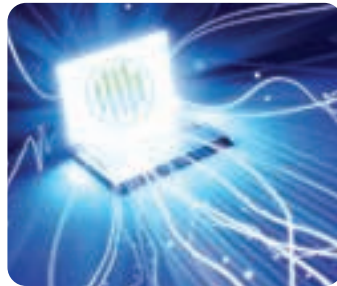
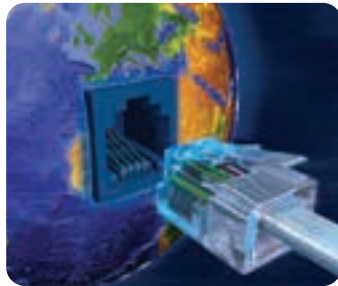
## EATING, DRINKING, SOCIALISING IN PORT MORESBY

**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, where Deli KC's serves antipasto, salads, sandwiches, milkshakes, espresso and a ➤





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limited Italian menu for dinner. The Poolside Bar should not be missed for its garlic prawns. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. This is also the place for traditional rectangular, wood-fired Italian pizza. See [airways.com.pg](http://airways.com.pg).

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

**Cafe on the Edge:** There are good hamburgers here and breakfast options such as eggs benedict, avocado and crispy bacon. The servings are generous. Located under the residential buildings at Harbour City, behind the ANZ and BSP banks. See [facebook.com/edgebythesea/](http://facebook.com/edgebythesea/).

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

also has fine dining at the Rapala restaurant, where the steaks and garlic prawns are impressive. Old-fashioned crepes suzette makes an appearance here, too, and is cooked at your table.

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

**Duffy Cafe, Gabaka Street:** This has rapidly become popular among the expat community, with excellent coffee and homemade cafe-style food. See [facebook.com/duffypng](http://facebook.com/duffypng).

**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. Don't miss yum cha on Sundays. See [facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956](http://facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956).

**Fusion:** This is one of the newer restaurants in the city and always seems to be doing great

business. It's Asian with a fusion of flavours from China, Thailand and Vietnam. Takeaway available. See [facebook.com/pages/Fusion-Bistro/199229050205354](http://facebook.com/pages/Fusion-Bistro/199229050205354).

**Grand Papuan Brasserie:** The funky Grand Papua Hotel bar serves up cocktails and has a decent wine list, along with some tasty tapas-style bar food. Grab a seat in one of the huge, black leather chairs or head to the Brasserie, which has a nightly buffet. The a la carte menu is good and the steaks are delicious. See [grandpauahotel.com.pg](http://grandpauahotel.com.pg).

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

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

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

**Stanley Hotel and Suites:** This new hotel in Waigani has several restaurant choices, including the fine-dining Silver Leaf on the 17th floor, and the chic tapas-style Monsoon Lounge, which is great for after-work drinks on the leather-lounge seating. The casual Green Haus restaurant has all-day dining, including buffet dinners with live cooking stations. See [thestanleypng.com](http://thestanleypng.com).

**Tasty Bites:** This Indian restaurant is tucked away in the town centre in Hunter Street near Crowne Plaza. You won't get a table unless you book. Tel. +675 321 2222.

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

## PORT MORESBY HOTELS

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

**Crowne Plaza:** Upmarket rooms and suites in the heart of the ➤

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#### **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. Its main eatery is popular at lunchtime. See [coralseahotels.com.pg](http://coralseahotels.com.pg).

**Gateway Hotel:** Another member of Coral Sea Hotels, this hotel is located next to the airport. A range of amenities include Port Moresby's largest dedicated meeting space. See [coralseahotels.com.pg](http://coralseahotels.com.pg).

**Grand Papua:** This premium hotel opened in late 2011 and features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular for business meetings. Centrally located. See [grandpapuahotel.com.pg](http://grandpapuahotel.com.pg). Tel. +675 304 0000.

**Holiday Inn:** Located in Waigani. Large grounds include walking track, in a tropical garden setting. Outdoor restaurant and bar area, business centre and gym. Includes three-star Holiday Inn Express hotel. See [ihg.com](http://ihg.com). Tel. +675 303 2000.

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

**Lamana Hotel:** In Waigani, the hotel has 24-hour free airport transfers, free in-room Wi-Fi, a conference centre, restaurants, and the famous Gold Club. See



[lamanahotel.com.pg](http://lamanahotel.com.pg). Tel. +675 323 2333.

**Stanley Hotel and Suites:** Port Moresby's newest hotel (opened in July, 2016) is a luxurious 429-room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive lounge. Connected to Vision City Mega Mall. See [thestanleypng.com](http://thestanleypng.com). Tel. + 675 302 8888.

## EATING, DRINKING, SOCIALISING IN LAE

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

**Chigi's Cafe:** A delightful place inside the temporary Brian Bell store near the Lae main markets. Serves good coffee, milkshakes, sandwiches, cakes and salads. Tel. +675 7217 1966.

**Golden Aviat:** A good option for Chinese, located on Huon Road in Eriku. Open for lunch and dinner and yum cha on Sundays. Tel. +675 472 0486.

**Huon Club:** A private members' club, offering air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the

Lae Golf Club, a fully stocked bar and Foxtel connection to preview all the racing and sporting events. Tel. +675 7347 1058.

**Lae International Hotel:** Home to three restaurants – Luluai's Italian Pizza, Vanda and Kokomo – which all serve an array of international and Western cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is also a good place for a nightcap, or two. See [laeinterhotel.com](http://laeinterhotel.com). Tel. +675 472 7000.

#### **Lae International Hotel**

Whether it's after a round of golf or just an excuse to catch up with friends, the club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

**Lae Yacht Club:** The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food including burgers, steaks and pizza, which goes down a treat with the surrounding views of the Huon Gulf. See [laeyachtclub.com.pg](http://laeyachtclub.com.pg). Tel. +675 472 4091.

**Mountain View Restaurant:** One of Lae's newest restaurants is at the Crossroads Hotel at Nine Mile. Open for breakfast, lunch and dinner, be sure to try the Japanese fusion menu – it's the only place in town where you can get good

sushi. See [hornibrook.com.pg/crossroads/](http://hornibrook.com.pg/crossroads/). Tel. +675 475 1124.

## LAE HOTELS

**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 both to Lae City and Nadzab Airport. See [hornibrook.com.pg/crossroads/](http://hornibrook.com.pg/crossroads/). Tel. +675 475 1124.

**Lae City Hotel:** One of the newest hotels in town, offering a 24-hour concierge service. Located in the main Top Town area, it also has an excellent cafe and restaurant with Western and Asian cuisine. See [laecityhotel.com](http://laecityhotel.com). Tel. +675 472 0138.

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

**Lae Travellers Inn:** An affordable option, offering clean and comfortable rooms. Just a few minutes from the centre of town, the inn also has conference facilities and a small restaurant serving Western and Indian cuisine. Tel. +675 479 0411.

**For general information about Lae, see [lcci.org.pg](http://lcci.org.pg) and [rainylae.com](http://rainylae.com).**

## FREE WI-FI AT AIRPORT

Domestic and international passengers at Port Moresby's airport can connect to free Wi-Fi.

## HELPFUL WEBSITES

Air Niugini, [airniugini.com.pg](http://airniugini.com.pg)

Business Advantage PNG, [businessadvantagepng.com](http://businessadvantagepng.com) ■







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**Bookings: 327 8100 | [coralseahotels.com.pg](http://coralseahotels.com.pg)**



**TWO-MINUTE GUIDE TO TOK PISIN WORDS/PHRASES**

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

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

**NUMBERS**

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



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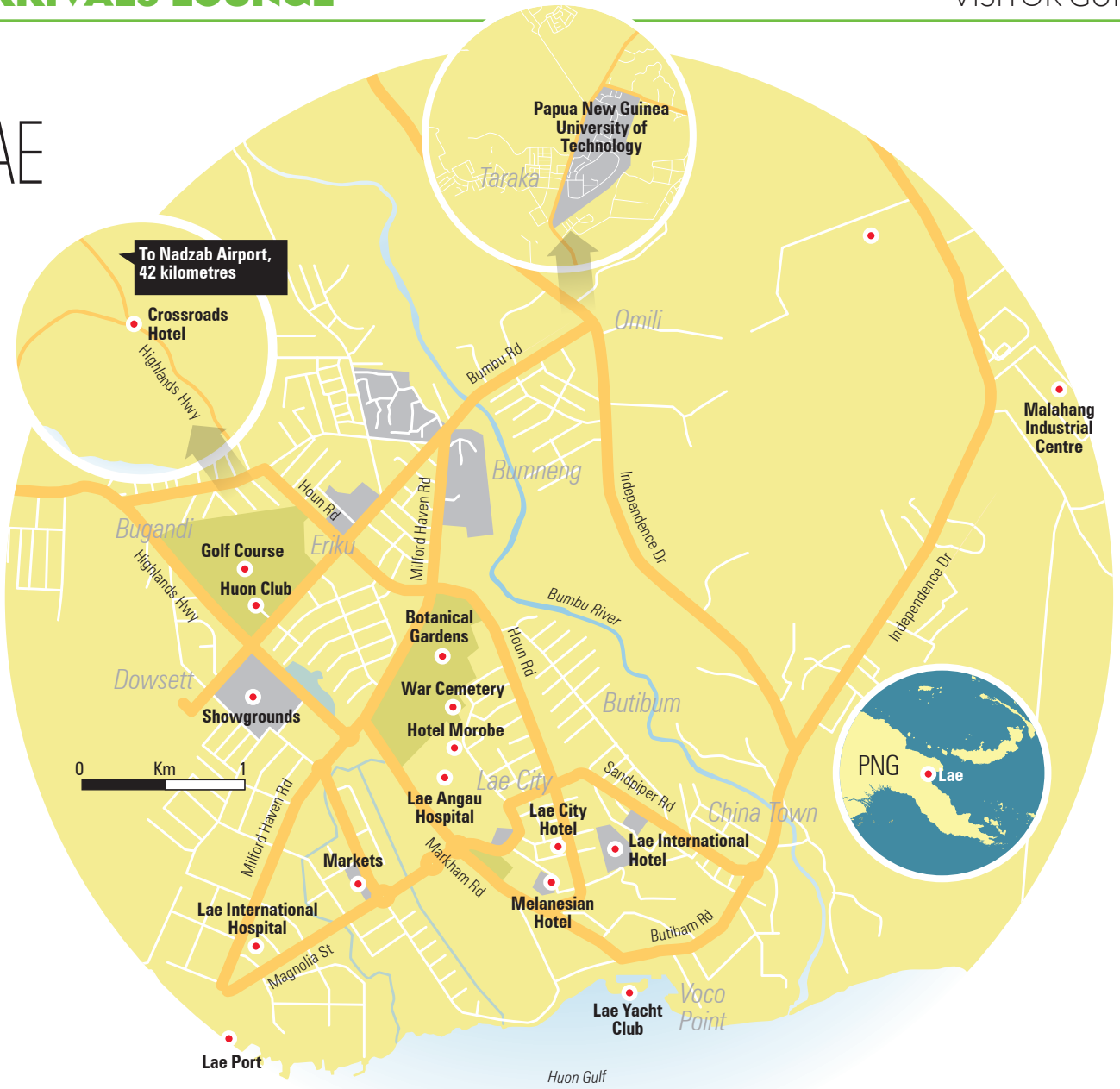
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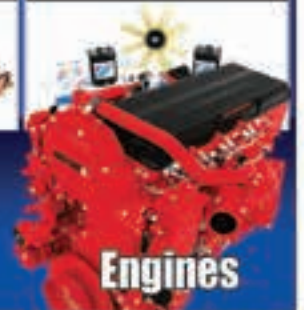


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# Welcome aboard

## Enjoy our Bird of Paradise in-flight service

### Please ask us

If there is anything our cabin crew can assist you with during your flight, please do not hesitate to ask them.

### Hand luggage

Please ensure that your carry on luggage is placed in the overhead locker or under the seat in front of you.

### Takeoff and landing

Ensure that your seat is in the upright position during takeoff and landing. Folding tables must be returned to their original position in the seat back or the armrest.

### Safety first

Your seat belt must be securely fastened during take off and landing or whenever the seat belt sign is on. When the seat belt sign is off you may move about the cabin as necessary. However while seated, keep your seat belt fastened securely in case of unexpected turbulence.

### Electronic equipment

Cellular telephones, TV receivers or radio controlled devices are not to be used at any time on board an aircraft. Electronic devices such as portable computers, compact discs or cassette players and video games can be used only when the seat belt sign is switched off.

### Children and babies

The cabin crew will also be pleased to assist in preparing your baby's food and bottle. Baby food and diapers are also available. Please do not hesitate to ask our friendly cabin crew.

### Smoking

Smoking is not permitted on any Air Niugini flight.

### Entertainment

A selection of movies and music including classical, modern, country and local are available on international services.

### Pillows and blankets

On International flights, pillows and blankets are available on request from our cabin crew.

### Cuisine

Our in-flight\* meals have been specially prepared for your enjoyment. If you require a vegetarian meal or you are on a special diet, child or baby food, please inform us when making your reservation.

### In-flight Duty Free

During the flight take some time to look through our In-flight Duty Free brochure located in your seat pocket. Duty free purchases can be made after Meal Service. All major credit cards are accepted.

### Immigration and Customs Forms

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

### Before you leave

Please check your seat pocket and overhead lockers before you disembark to ensure you have not left any items of value. We look forward to seeing you when you next fly with us on our Bird of Paradise Service.





## Air Niugini fleet



### B767-300ER - Boeing

Length: 59.94m  
Wing span: 47.57m  
Range: 8100km  
Cruising speed: 857kph  
Power plant: 2 x PW4000

Normal altitude: 11000 - 12000m  
Standard seating capacity: 188  
Business class: 28  
Economy class: 160  
Number of aircraft in fleet: 2



### F70 - Fokker

Length: 30.91m  
Wing span: 28.08m  
Range: 3410km  
Cruising speed: 743kph  
Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines

Normal altitude: 11000m  
Standard seating capacity: 76  
Business class: 6  
Economy class: 70  
Number of aircraft in fleet: 5



### B737-800 - Boeing

Length: 39.5m  
Wing span: 35.79m  
Range: 8100km  
Cruising speed: 857kph  
Power plant: 2 x CFM56 - 7B26

Normal altitude: 11300m  
Standard seating capacity: 144  
Business class: 16  
Economy class: 128  
Number of aircraft in fleet: 2



### DASH 8-Q315 - Bombardier

Length: 25.7m  
Wing span: 24.4m  
Range: 1700km  
Cruising speed: 510kph

Power plant: 2 x Pratt & Whitney PW123E  
Normal altitude: 7500m  
Standard seating capacity: 50  
Number of aircraft in fleet: 3



### B737-700 - Boeing

Length: 33.6m  
Wing span: 35.79m  
Range: 6370km  
Cruising speed: 830kph  
Power plant: 2 x CFM56 - 7B22

Normal altitude: 11300m  
Standard seating capacity: 116  
Business class: 12  
Economy class: 104  
Number of aircraft in fleet: 1



### DHC-8-202 - Bombardier

Length: 22.25m  
Wing span: 25.89m  
Range: 1800km  
Cruising speed: 550kph

Power plant: 2 x Pratt & Whitney PW123D  
Normal altitude: 7600m  
Standard seating capacity: 36  
Number of aircraft in fleet: 2



### F100 - Fokker

Length: 35.528m  
Wing span: 28.076m  
Range: 3000km  
Cruising speed: 780kph  
Power plant: 2 x Rolls Royce Tay 650

Normal altitude: 11000m  
Standard seating capacity: 101  
Business class: 8  
Economy class: 93  
Number of aircraft in fleet: 7



### Falcon 900EX - Dassault

Length: 20.21m  
Wing span: 19.33m  
Range: 4500nm  
Cruising speed: 650mph

Power plant: 3 x Honeywell TFE731  
Maximum altitude: 51000ft  
Standard seating capacity: 12  
Number of aircraft in fleet: 1

# In-flight entertainment

Movie, TV and music highlights available on Air Niugini flights

## MOVIES



### Parched

Genre: Drama

Rating: PG13

Stars: Tannishtha Chatterjee, Radhika Apte, Surveen Chawla

A village in Rajasthan still lives in medieval times, weighed down by the burden of draconian traditions like child marriage, dowry and overbearing men. In this village live four women, each trying to make the best out of a difficult situation.



### Shivaay

Genre: Action, Thriller

Rating: PG13

Stars: Ajay Devgan, Sayesha Saigal, Erika Kaar  
Shivaay rescues Olga from an avalanche and sparks fly. When Olga learns that she is expecting, she pleads with Shivaay to return to Bulgaria with her, but her efforts are in vain. She eventually leaves behind their daughter Gaura with Shivaay.



### Daytime Shooting Star

Genre: Romance

Rating: PG

Stars: Mei Nagano, Shohei Miura, Alan Shirahama

Suzume Yosano is a naive country girl who has transferred to a new high school in Tokyo. On her first day in the big city, she gets lost and a handsome man named Shishio comes to her rescue.



### Lord of Shanghai

Genre: Action, Drama

Rating: PG13

Stars: Yu Nan, Hu Jun, Qin Hao

In 1907, 15-year-old Xiao Yuegui is a servant girl who is loved by Chang Lixiong, the head of Hong Men. However, Chang is sold out by a traitor and killed.



### Dear Other Self

Genre: Comedy

Rating: PG

Stars: Jodi Sta. Maria, Xian Lim, Joseph Marco

On the most important day of Becky's life, she decides to take control of her destiny. Will she take the promotion and fall in love with Chris? Or will she quit her job and travel the world to meet Henry?



### My Cousin Rachel

Genre: Drama, Mystery

Rating: PG13

Stars: Rachel Weisz, Sam Claflin, Iain Glen

A young Englishman plots revenge against his mysterious and beautiful cousin, believing that she murdered his guardian. His feelings become complicated as he finds himself falling helplessly and obsessively in love with her.



### The Martian

Genre: Adventure, Sci-Fi

Rating: PG13

Stars: Matt Damon, Jessica Chastain, Kristen Wiig

When astronauts blast off from the planet Mars, they leave behind Mark Watney, presumed dead after a storm. With minimal supplies, the stranded visitor must utilise his wits and spirit to find a way to survive on the hostile planet.



### CHIPS

Genre: Action, Crime, Comedy

Rating: R

Stars: Michael Peña, Dax Shepard, Jessica McNamee

A rookie federal agent and a pro motorbiker are teamed together in the California Highway Patrol, but clash more than click.



### Unforgettable

Genre: Thriller, Drama

Rating: R

Stars: Rosario Dawson, Katherine Heigl, Geoff Stults

Tessa is barely coping with the end of her marriage when her ex-husband David becomes happily engaged to Julia. Tessa's jealousy soon takes a pathological turn.



### Table 19

Genre: Comedy, Romance

Rating: PG13

Stars: Anna Kendrick, Lisa Kudrow, Craig Robinson

Ex-maid of honour Eloise decides to attend her oldest friend's wedding. She is seated at dreaded table 19 with a group of strangers, but as their secrets are revealed, Eloise learns that friendships – and even a little romance – can happen in unlikely circumstances.



### Kong: Skull Island

Genre: Action, Adventure, Fantasy

Rating: PG13

Stars: Tom Hiddleston, Samuel L. Jackson, Brie Larson

A team of scientists, soldiers and adventurers unite to explore an uncharted island in the Pacific. Cut off from everything they know, the team ventures into the domain of the mighty Kong, igniting the ultimate battle between man and nature.



### Diary of a Wimpy Kid: The Long Haul

Genre: Family, Comedy

Rating: PG

Stars: Jason Drucker, Alicia Silverstone, Tom Everett Scott

A family road trip to attend Meemaw's 90th birthday party goes hilariously off course – thanks to Greg's newest scheme to become famous.





## TV



### City Time Traveller

Genre: Documentary, Travel

Episode: S2 E1 - Manila, Philippines  
Rating: PG

Stars: Jason Pomeroy  
Pomeroy visits six cities across Asia. He begins his journey in Manila, where he relives the colossal reminder of the Spanish colonial days.



### Jamie's Super Food Classics

Genre: Documentary, Lifestyle

Episode: S1 E2 - Doughnuts, Mussels and Meatballs

Rating: PG  
Stars: Jamie Oliver  
Oliver explores some of the healthiest places on the planet, from the volcanic island of Jeju in South Korea to the alpine beauty of Switzerland.



### The Big Bang Theory

Genre: Comedy

Episode: S10 E16 - The Allowance Evaporation  
Rating: PG13

Stars: Johnny Galecki, Jim Parsons, Kaley Cuoco  
Sheldon and Amy have their first fight since moving in together, after he shares intimate details of their relationship with people at the university.



### The Leftovers

Genre: Drama, Mystery

Episode: S3 E1 - The Book of Kevin  
Rating: R

Stars: Justin Theroux, Amy Brenneman, Christopher Eccleston  
The Seventh Anniversary of the Sudden Departure is just two weeks away, and many believe another apocalyptic event may happen.



### Modern Family

Genre: Comedy

Episode: S8 E1 - A Tale of Three Cities  
Rating: PG

Stars: Ed O'Neill, Sofia Vergara, Julie Bowen  
The Dunphy clan has wrapped up an awesome week in New York, and while the kids are supposedly flying home, Claire and Phil are supposedly going to drive cross-country.



### Riverdale

Genre: Drama, Crime

Episode: S1 E3 - Chapter Three: Body Double  
Rating: PG13

Stars: K.J. Apa, Lili Reinhart, Camila Mendes  
After new information surrounding Jason's death comes to light, Cheryl finds herself under a cloud of suspicion and forced to come clean about the last time she saw her brother.



### Trial & Error

Genre: Comedy

Episode: S1 E1 - Pilot  
Rating: PG13

Stars: John Lithgow, Nicholas D'Agosto  
When professor Larry Henderson is arrested for the murder of his wife, lawyer Josh Segal comes down from New York to the quirky town of East Peck, South Carolina, to defend his first big case.



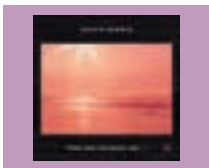
### Smurfs

Genre: Family, Animation

Episode: N05221 / N05223 - Fuzzle Trouble / All That Glitters Isn't...

Rating: G  
Stars: Don Messick, Danny Goldman, Lucille Bliss  
Clumsy brings home a furry fuzzle, and chaos ensues. Gargamel wants to turn metal into gold, but his recipe requires 10 Smurfs.

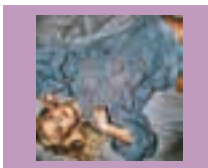
## MUSIC



### Calvin Harris Funk Wav Bounces Vol. 1

Genre: Pop Rating: R

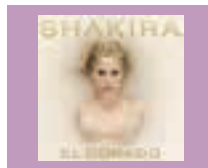
As one of EDM's most unstoppable forces, the Scottish DJ/producer has made euphoric dance-pop a Top 40 staple by pairing passionate pop hooks with explosive house beats.



### Zara Larsson So Good

Genre: Pop Rating: R

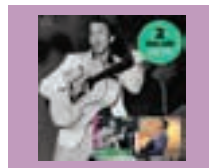
Zara Larsson, 19, has already accumulated accolades in her home country of Sweden where she quickly established herself as a local pop superstar.



### Shakira El Dorado

Genre: Pop Rating: PG

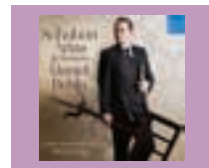
It's been four years since her last album, and bilingual Latina superstar Shakira does not disappoint.



### Elvis Presley Elvis Presley / Elvis

Genre: Golden Hits Rating: PG

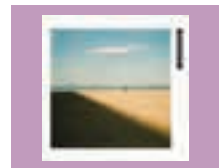
The King of Rock's eponymous first two albums feature hit tracks including *Blue Suede Shoes* and *Love Me*.



### Daniel Behle Schubert Arias & Overtures

Genre: Classical Rating: G

An accomplished tenor across the European continent, Behle is a musical act you cannot miss. His dedication to the theatricals of Franz Schubert showcases his impressive repertoire.



### The Japanese House Saw You in a Dream

Genre: Chill Rating: PG

Amber Bain, 21, and her moniker The Japanese House have quickly become a staple in the dream pop genre.

# Your health inflight

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

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

## Blood Circulation/Muscle Relaxation

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

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

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

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

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

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

- ◆ Former or current malignant disease
- ◆ Blood disorders leading to increased clotting tendency
- ◆ Personal or family history of DVT
- ◆ Immobilisation for a day or more

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

## Recommendations

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

## Jetlag

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

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

## Recommendations

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





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

### Cabin Humidity/Dehydration

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

#### Recommendations

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

### Eating and Drinking

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

#### Recommendations

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

### Cabin Pressurisation

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

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

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

#### Recommendations

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

### Motion Sickness

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

#### Recommendations

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





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### Daru

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**Mendi**

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Airport Traffic  
Tel: 549 1320

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Tokua Airport Arrival & Departure  
Information  
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**Tari Agent**

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## Air Niugini International Offices

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#### Cebu, Philippines

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Fax: (6332) 231 0852  
Email: marget@destinationscebu.com

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Email: salespx.france@aviareps.com

#### Germany

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Frankfurt Main, Germany  
Tel: (49) 89 552 533 46  
Email: salespx.germany@aviareps.com

#### Hong Kong

Tam Wing Kun Holdings Ltd  
Tel: (852) 2527 7098 Fax: (852) 2527 7026

#### Honiara

Travel Industry Services  
Tel: (67) 720 336  
Fax: (67) 723 887  
Email: kevin@gts.com.sb

#### Italy

Spazio SRL  
Tel (39) 064985621 Fax (39) 064985201



# PACIFIC OCEAN

MAJURO

TARAWA

TUVALU

APIA

PORT VILA

NADI

NOUMÉA

AUCKLAND

## INTERNATIONAL ROUTE MAP

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World Aviation Systems  
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### Phonpei

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Pohnpei FSM.  
Tel (691) 320-5888 Fax (691) 320 5889  
Email: hotravel@mail.fm /  
hotravel@outlook.com

### Port Vila

Vanuatu Travel Services Ltd  
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Fax: (82) 2734 7108

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Deks Air  
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Fax: (65) 6253 3425  
Email: px\_sales@deksair.com.sg  
300 Beach Road  
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Singapore 199555

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Fax: (679) 331 7873  
Shop #5,  
Sabrina Building  
Victoria Parade  
Suva, Fiji

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Cha May Travel Service  
Tel: (88) 6 2500 7811  
Fax: (88) 6 2500 7970

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Alconet Corporation  
Tel: (81) 3 5733-2567  
Fax: (81) 3 5733-2568  
Email: yogi@alconet.jp

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Fax: (44) 0870 24 02 208  
Email: airniugini@  
flightdirectors.com

# 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.

<p><b>ANKLE CIRCLES</b></p> <p>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.</p>	<p><b>KNEE LIFTS</b></p> <p>Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.</p>	<p><b>SHOULDER ROLL</b></p> <p>Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.</p>	<p><b>ARM CURL</b></p> <p>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.</p>	<p><b>KNEE TO CHEST</b></p> <p>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.</p>	<p><b>FORWARD FLEX</b></p> <p>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.</p>
<p><b>OVERHEAD STRETCH</b></p> <p>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.</p>	<p><b>SHOULDER STRETCH</b></p> <p>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.</p>	<p><b>NECK ROLL</b></p> <p>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.</p>	<p><b>FOOT BUMPS</b></p> <p>Foot motion is in three stages.</p> <ol style="list-style-type: none"> <li>1. Start with both heels on the floor and point feet upwards as high as you can.</li> </ol>	<ol style="list-style-type: none"> <li>2. Put both feet flat on the floor.</li> </ol>	<ol style="list-style-type: none"> <li>3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.</li> </ol>



# Let us connect you

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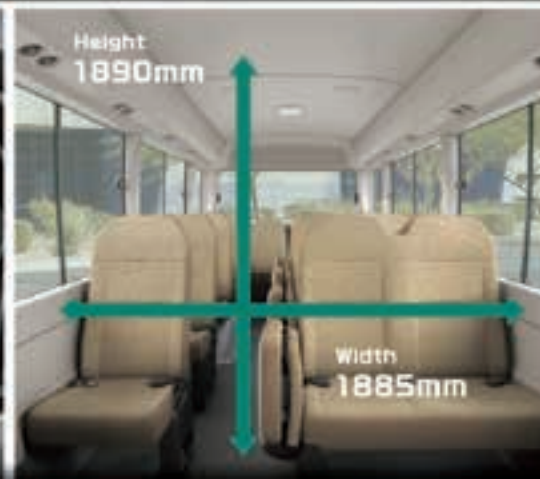
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