

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 3 MAY - JUNE 2016



PARADISE

10 GREAT ESCAPES

Ideal islands, jungle lodges and white-sand beaches

PORTRAIT OF AN ARTIST

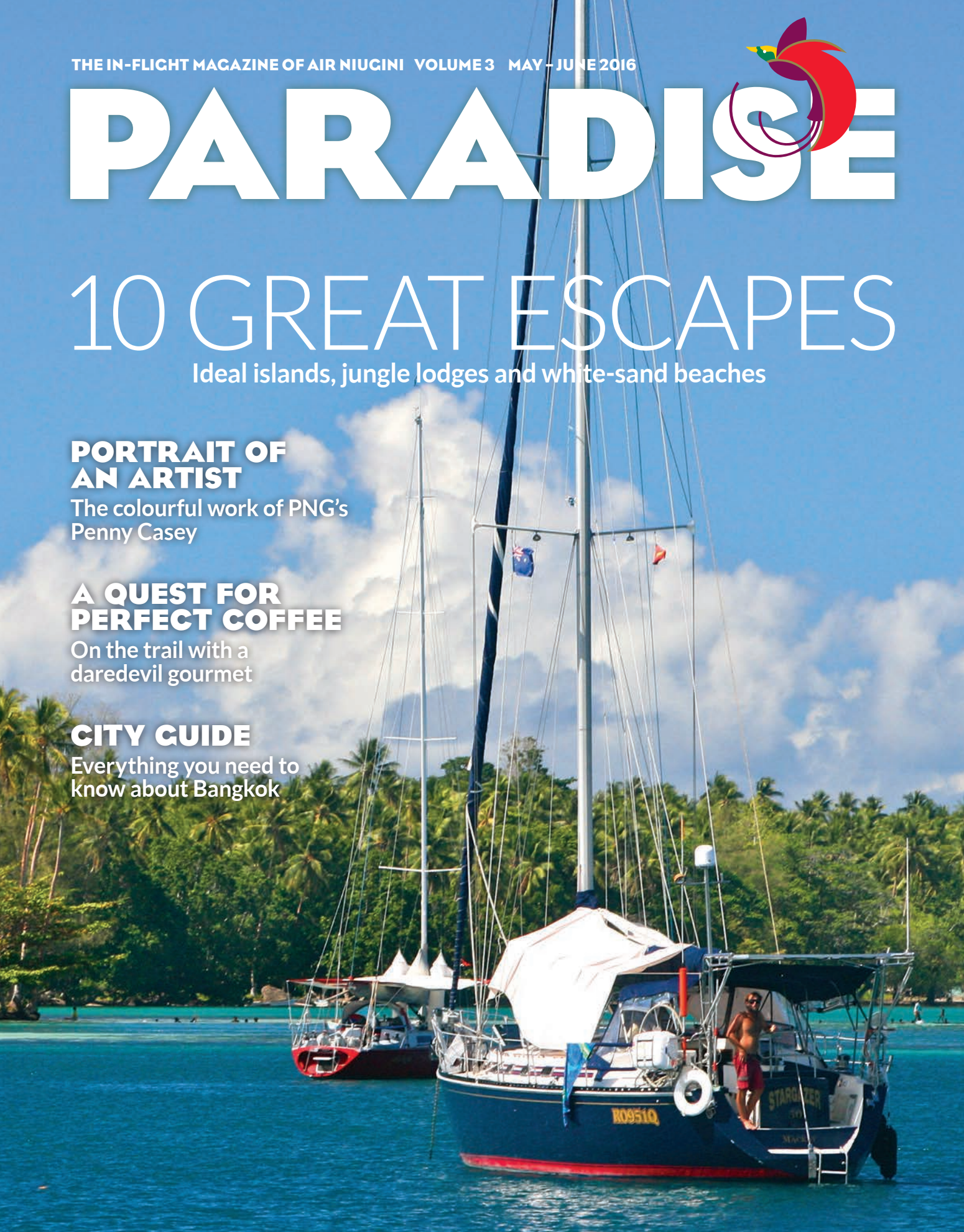
The colourful work of PNG's
Penny Casey

A QUEST FOR PERFECT COFFEE

On the trail with a
daredevil gourmet

CITY GUIDE

Everything you need to
know about Bangkok



PLUS: PNG CULTURE, BOOKS, MOVIES, GADGETS

WE ARE CULTURE

A photograph of two indigenous people, likely from the Batak region, dressed in traditional attire. The man on the right is wearing a large, ornate headdress with feathers and a red and yellow band. He has white body paint on his face and chest and is holding a large, dark, cylindrical gourd. The woman on the left is also wearing a traditional headdress with feathers and a red and yellow band. She has white body paint on her face and chest. They are standing outdoors in a natural setting with mountains in the background.

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IN PARADISE

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LIFESTYLE, CULTURE, SPORT, ENTERTAINMENT



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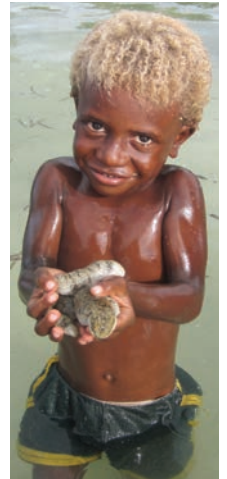
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Cover photo: Yachts at anchor opposite PNG's Nusa Island Retreat, one of the 10 great escapes in our story starting on page 22.



PARADISE



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Message from the Chairman

Welcome aboard



As the national flag carrier airline, Air Niugini accepts responsibility for providing air services right across the nation, and between Papua New Guinea and countries in the Pacific and South East Asia regions.

Air Niugini operates services to 25 domestic destinations, including those serviced by its wholly-owned subsidiary Link PNG, and services to 12 international destinations in 10 countries.

The full outline of the destinations we service is to be found in this issue of *Paradise*.

What is not widely appreciated is that a significant number of services are unprofitable, while others are at best marginal. No less than half of these services fall into the unprofitable category.

The board and management of Air Niugini have to balance the need to maintain unprofitable services that provide an important community service for smaller provincial centres, generally in distant and more remote areas, with the requirement that the airline overall operates profitably.

The very successful establishment of Link PNG has helped ensure unprofitable and marginal services can be maintained because they are vital to the communities they service.

No other airline operating in Papua New Guinea makes this commitment.

Instead of reducing services, as has occurred with other airlines in Papua New Guinea, and other countries in our region, Air Niugini not only maintains them but actually increases them when the demand justifies it.

Over the last two or three decades, many of the third-level airlines that serviced smaller communities have closed, and that has put considerable pressure on Air Niugini. It has simply not been possible to replace all of these services, of course, but we have always been mindful of the need to do so when possible.

Papua New Guinea, more than most nations in our region, is heavily dependent on air services. For many, if not most, communities, air travel is the only option for travel to and from Port Moresby or other major centres across our four regions.

It is also vital for travel within the immediate Pacific region—and, again, Air Niugini operates extensive services, a number of which are a challenge when it comes to profitability.

Apart from the establishment of Link PNG, the board and management of Air Niugini are focused strongly on delivering services, profitable and unprofitable, as efficiently as possible.

A key component of our drive to maximise efficiency and contain cost increases is the major aircraft upgrading and re-fleeting program that is now well under way.

The progressive addition of nine Fokker 70 aircraft to the fleet is already making a real contribution to efficient operations on main domestic routes and in the Pacific.

Not only are they highly efficient aircraft, they offer improved passenger comfort, something Air Niugini also gives high priority to when it assesses replacement aircraft.

Over the longer term, the introduction of four new Boeing B737-MAX aircraft will deliver significant efficiencies on our international services. These aircraft will join the Air Niugini fleet by 2020.

As Chairman, I am proud of the unique contribution Air Niugini makes to meet the air travel needs of the majority of Papua New Guineans, and visitors, who travel within Papua New Guinea and beyond each year.

Doing so is not without significant challenges, but the loyalty and commitment of all our employees will ensure we meet these challenges today and tomorrow!

Enjoy your flight—your feedback is always welcome.

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

Sir Frederick Reiher, KCMG, KBE
Chairman – Air Niugini Limited.



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YOUR WORLD
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Going to the max

Air Niugini places order for the latest generation 737 Boeing aircraft.

Air Niugini has announced that it will purchase four new 737 MAX 8 airplanes.

Speaking at the recent Singapore Airshow, the airline's chairman Sir Frederick Reiher said the single-aisle planes would allow the airline to economically and efficiently connect PNG with the rest of the world. "The superb economics of the 737 MAX will enable us to increase flight frequencies and develop into new markets that offer significant opportunities for Air Niugini," he said.

"As our region continues to grow, the 737 MAX is the perfect choice, positioning us for success and ensuring we continue to provide our customers with the best experience possible. We look forward to receiving our first planes in 2020."

Boeing only completed the first test flight of the 737 MAX earlier this year but has already sold more than 3000 of the aircraft to more than 60 airlines. Boeing's MAX is in competition against the Airbus A320neo.

Apart from their much improved fuel efficiency, the planes are reported to be whisper quiet.

"We were amazed at how quiet the cabin was," said captain Ed Wilson who flew the test flight in Seattle in the US. "I took a walk mid-flight through the cabin and was impressed," he told CNN Business Traveller.

The MAX is the fourth generation of the 737 family of aircraft.



A look into the future ... a Max 8 with Air Niugini livery.



Sealed with a certificate ... Air Niugini's Sir Frederick Reiher and Simon Foo with Boeing's Dinesh Keskar in Singapore after doing the deal for four new MAX 8 aircraft.

The order adds to Air Niugini's current fleet of Next-Generation 737s and 767-300ERs (extended range) planes.

The 737 MAX incorporates the latest technology CFM International LEAP-1B engines, Advanced Technology winglets and other improvements to deliver the highest efficiency, reliability and passenger comfort in the single-aisle market. The new planes will deliver 20 per cent lower fuel use than the first Next-Generation 737s and the lowest operating costs in its class – eight per cent per seat less than its nearest competitor.

"We are honoured to expand our current partnership with Air Niugini," said Dinesh Keskar, from Boeing Commercial Airplanes. "The 737 MAX will provide Air Niugini with the fuel efficiency, operating economics and passenger amenities they need to ensure their success for the future."

Air Niugini operates a domestic network of more than 25 destinations from its Port Moresby hub, as well as numerous international routes across Asia-Pacific,

including Australia, Singapore, Indonesia, Fiji, Philippines, Solomon Islands, Hong Kong, Vanuatu, Japan, and in the near future, China. ■

THE MAX AT A GLANCE

- It is the fourth generation of Boeing's 737 family of aircraft.
- It has larger and more efficient engines compared to previous generations.
- The first MAX took off on January 29, 49 years after the maiden flight of the 737.
- More than 3000 have been sold, with first deliveries to airlines next year.
- There are three variations of the aircraft, the MAX, 7, 8 and 9. There is also a 200, which is a Max 8 with higher-density seating.
- The seating capacity of a Max 8 configured to one class is 175, and 162 if there are two classes.



Dance the night away



Papua New Guinea will burst into colour and dance in July with the staging of the annual National Mask Festival in Kokopo. The festival includes the spectacular Baining fire dancers (pictured) who perform bare footed and wear traditional masks.

Air Niugini has a PGK1785 package to the festival, from July 13 to 17, that includes return airfares from Port Moresby, three nights' accommodation, a multi-entry VIP pass, access to a VIP lounge and transfers. The price is based on twin share, per person.

Contact Air Niugini Tours, 180 2121, (675) 327 3557, or tours@airniugini.com.pg.



New manager for Solomon Islands

Air Niugini has appointed Leona Kilo to manage its operations in Honiara, in the Solomon Islands.

From Hagus village, North Bougainville, she has worked for the airline for 32 years, mostly in sales and marketing.

She started as a domestic ticketing officer, just before Independence in 1975.

Air Niugini general manager of customers and markets Dominic Kaumu is pictured congratulating her on the appointment.

He said it was encouraging to see a PNG woman taking up a managerial role overseas.

“Leona is not new to Air Niugini and we look forward to seeing her contribution and expertise in her new role, which is primarily

to focus on product development and building network within the region. She will also be working in close partnership with the Air Niugini general sales agents in Vanuatu and Fiji.”

Leona Kilo said: “I thank Air Niugini for the trust it has in me. With many years of experience in sales, marketing and the strong network I have with our general



sales agents and customers, I hope I can make some improvement to the way we do business in the region.” ■



Cargo culture

More than 80 participants, pictured here with the airline’s chief executive officer, Simon Foo, attended a recent two-day Air Niugini cargo conference in Port Moresby.

They included staff from the airline’s domestic airports as well as cargo officers, managers

and agents from Asia, Australia, Europe, America and the Pacific.

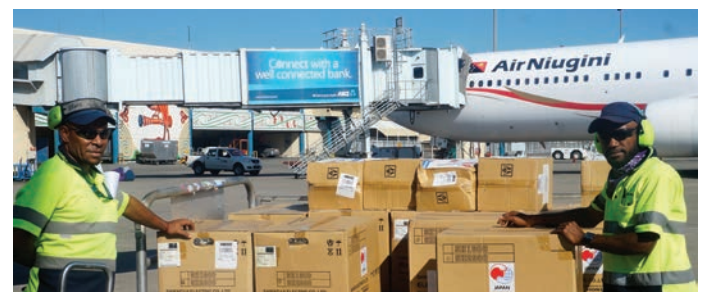
The cargo conference is an annual event that informs staff about the airline’s operational plans for the year and offers solutions to challenges that the cargo officers and agents may face. ■

Relief supplies delivered to Fiji

Air Niugini jumped in recently to uplift relief supplies donated by the Japan International Cooperation Agency (JICA) from Port Moresby to Fiji, for the people affected by Cyclone Winston.

The supplies, in 225 boxes, contained mattresses, tents and plastic rolls.

Cyclone Winston swept through Fiji in February. ■



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Paradise Q&A:

MIKAL NOLAN

The assistant director of the Tree Kangaroo Conservation Program tells how it has expanded to save other creatures, as well as great tracts of rainforest.

Q: What is the Tree Kangaroo Conservation Program (TKCP)?

A: Based in Morobe Province, it was established 20 years ago under the direction of Dr Lisa Dabek, the director of field conservation at the Woodland Park Zoo in Seattle in the United States. Its aim was to protect the endangered Matschie's tree kangaroo in its native habitat on the Huon Peninsula. The program has now expanded to support habitat protection for a wide range of threatened species, including the long-beak echidna and emperor bird of paradise. It also includes research, conservation, education and community development throughout the YUS conservation area.

Q: What is the YUS conservation area?

A: In 2009, TKCP and the customary landowners created the 158,271-hectare area (named for the Yopno, Uruwa, and Som rivers in the Morobe Province). It is the country's first nationally recognised conservation area. TKCP assists local landowner groups to gain skills to sustainably manage their lands.

Q: Why is the TKCP important to PNG?

A: With vast tracts of pristine forest containing unparalleled biodiversity, Papua New Guinea is considered one of three major tropical wilderness areas left on Earth. Unlike other parts of the world, about 70 per cent of PNG rainforests remain intact and it's imperative that we keep it that way. Instead of adopting a traditionally species-focused approach, like many other programs, TKCP applies a living landscape approach to conservation, which addresses not only conservation and biodiversity protection, but also incorporates the human element and influence on nature.

Q: What are your biggest challenges with managing the program?

A: Success and continued effectiveness of conservation efforts depend heavily upon the trust and commitment of local communities. The biggest challenge of managing the program is ensuring local ownership and long-term commitment to conservation from the landowners.

To find out more, see treekangaroo.org.

— MARISA HOWDEN





Award winners ... Phum Baitang near Siem Reap (above); the Old Clare Hotel in Sydney (middle); the Rosewood in Beijing (below).

A simple resort property near Siem Reap in Cambodia has taken out the top honour at the 2016 Asia Hotel Design Awards.

Phum Baitang was named the winner for best overall design. The five-star property also won awards for best resort architecture, best interior design for a bar and best interior design for a day spa.

The awards celebrate exceptional hotel design and architecture in the Asia-Pacific region.

Phum Baitang (phumbaitang.com) was considered by the judges to be a superb example of indigenous architecture, being adapted to offer an authentic but luxurious experience for guests.

Phum Baitang means 'green village' in Khmer, and the architecture take this into account. The accommodation clusters are organised in a similar manner to a local village, but also to orientate views and

privacy. Other elements are two-slope roofs and stilt construction, raised above the ground level.

The transformation of a 100-year-old farmhouse into the resort's cigar and cocktail bar also caught the eye of the judges. They said the bar is an intimate and authentic tribute to Cambodia's colonial history.

The bar is situated to capture spectacular sunsets over surrounding rice paddies and it is adorned with antique furnishings.

Other winners announced at a ceremony in Singapore included the Old Clare Hotel in Sydney, Australia, for best urban architecture and the Ritz-Carlton Macau for best interior design of an event space. The Rosewood, in Beijing, won four best interior design categories, including its restaurant, bedrooms, suites and public areas.

There were 130 entries from 12 countries.

See asiahoteldesignawards.com.



BIG CATCH IN RABAUL

Anglers from across the Pacific gathered in Papua New Guinea in late March for the country's premier fishing event, the National Game Fishing Titles.

The competition, hosted this year by the New Britain Game Fishing Club in Rabaul, had 215 fishermen competing from PNG, Australia, New Zealand and the wider Asia-Pacific region.

Each team was given two days to catch as many fish as possible in the waters between New Britain and New Ireland.

More than 225 fish were caught or tagged over the nine-day competition,

including blue marlin, striped marlin, sailfish, yellowfin and barracuda.

There were 29 boats in the action, with some travelling from Lae, Kimbe, Port Moresby and Madang. Rabaul had a strong fleet of 12 boats competing.

The prize for highest point-scoring boat was taken out by Lae-based *Tsunami*. The crew also racked up several other prizes,

including highest point-scoring team and highest point-scoring angler (medium class). *Tsunami's* Granville Ashburner also won the prize for heaviest billfish, with a 117-kilogram blue marlin.

One of the most sought-after prizes of the tournament is the invitation to compete in the Offshore World Championships (OWC), to be staged in Costa Rica next year.

Lae-based team TWM Sea Junkies (pictured), fishing from *Satisfaction*, narrowly took this honour from the crew on *Witchdoctor*.

The Game Fishing Association of PNG conducts the titles annually.

— MARISA HOWDEN



PICTURE: KORI CHAN

NUMBER CRUNCH

6 hours and 55 minutes. That's the longest flight time – between Port Moresby and Narita in Japan – on any route flown by Air Niugini. The longest non-stop air journey anywhere in the world is 16 hours and 55 minutes with Qantas between Sydney and Dallas, but Emirates has plans to introduce a flight of 17 hours and 35 minutes between Dubai and Panama City this year. Singapore Airlines is set to introduce a 19-hour flight to Los Angeles in 2018.



Juergen Hound

Peter Lange

Darek Sepiolo

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Dolphins make waves

ExxonMobil PNG has provided PGK350,000 to support three postgraduate Papua New Guinean students to research the rare pidu dolphin species.

The dolphins are only found within the Kikori Delta in PNG's Gulf of Papua.

The scholarships have been awarded to Elizah Nagombi, studying at James Cook University (JCU) in Queensland, Australia, and Wilma Mavera and Monica Kolkia, both studying at the University of Papua New Guinea (UPNG).

The scholarships have been initiated under a collaborative program led by JCU and UPNG to research and conserve the dolphin species.

The project also seeks to establish what other marine mammals occur in the Kikori Delta, and to work with Papua New Guineans

to develop a community based management plan to enable long-term conservation of marine mammals in the Kikori region.

JCU researcher Dr Isabel Beasley says the Kikori Delta is the remotest region in which she has studied inshore dolphins.

"Thankfully, ExxonMobil PNG has funded the project, which allows us to charter a live-aboard vessel to safely conduct surveys, and most importantly, engage numerous local PNG counterparts and students in the project.

"The Kikori Delta is currently the only region in the Pacific Islands and West Papua where *orcaella heinsohni* (pidu dolphins) are found, so the population is considered a regional priority for research and conservation."

See page 114 for an interview with Andrew Barry, the managing director of ExxonMobil PNG.

TAIL-WAGGING FUN IN THE SURF

Surfing has gone to the dogs in Queensland, Australia, where one of the most popular events at the annual Noosa Festival of Surfing is the Dog Spectacular.

Festival co-founder Paul Jarratt says it's the only surfing festival or event in the world where the dogs surf on a stand-up board with their masters.

"It's a wonderful experience for dog and human," he says. "It's not really about winning or losing; it's a celebration of all the good things we love about surfing, the ocean and environment."

Air Niugini has regular flights to Brisbane, from where a number of bus services connect to Noosa. To see more details about the festival and to plan a visit to the next surfing festival, see noosafestivalofsurfing.com. ■



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Singapore named best airport in world again

Singapore's Changi Airport has been named by Skytrax as the best airport in the world for the fourth year in a row.

It is the seventh time, overall, the airport has won the accolade.

Changi was also named best airport for leisure amenities, third-best airport for dining, baggage delivery and shopping, and fourth-best for the world's cleanest airport.

The Crowne Plaza Changi Airport, linked to terminal three, was given the honour of the world's best airport hotel for the second year in a row.

The awards are based on 13.25 million customer nominations across 106 nationalities of air travellers, and included 550 airports worldwide.

Air Niugini flies from Port Moresby to Singapore five days a week. ■



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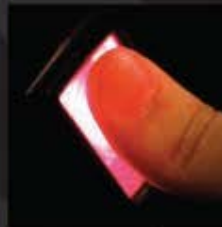


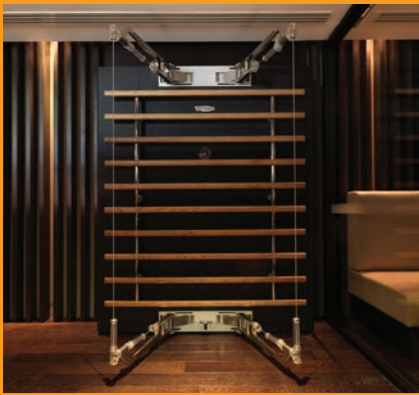
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TECHNOLOGY

TRAINING





FIT AS A FIDDLE

There's no excuse for not keeping fit if you're staying at Sydney's Darling hotel. The Darling spa has had a stylish makeover while its new gym boasts state-of-the-art equipment to get you pumping.

Though compact, the gym has two treadmills, a recumbent bike, an elliptical trainer and a spin bike. But the most exciting piece of equipment is the multi-tasking kinesis wall, one of the first in Sydney.

You can do more than 500 exercises on the wall by pushing and pulling the cables that are hidden behind wooden panels. You can adjust the resistance to the level that suits you, so that the wall provides a complete workout.

The Technogym wall improves core strength, flexibility, balance and coordination, says instructor Venessa Cardillo, who is available for personal training sessions.

After all that exercise you can relax at the spa, which includes a new steam room, salt-water jacuzzi and a revitalised hammam (Turkish bath) with a heated marble bed. There are 13 treatment rooms, including two couples' rooms. You can choose from a revised 33 treatments including four treatments for men.

See thedarling.com.au.

— MARY O'BRIEN

Sydney Harbour sleepover

Far and away the best way to enjoy Sydney is to get out on the harbour. Of course, there are ferries to ride and tour boats to join, but if you are after something special, why not pretend you have your very own sailboat for the night?

We do just that and our host for the evening is Sydney by Sail.

"It is one of our most popular offerings," says owner and Olympic sailor Matt Hayes. "I got the idea when a cousin attended a conference in San Diego and all the hotels were full. She eventually found a bed and breakfast on a boat in the marina and came back saying how cool it was. We thought maybe we should offer something like that and the idea just took off. Everybody loves it."

On a glorious Sydney afternoon, we head down to Sydney by Sail's marina, conveniently located in front of the National Maritime Museum in Darling Harbour. Our skipper gives us a full tour of a beautifully appointed 10-metre Hunter Yacht, showing us how to operate the stove and toilet and where all the safety equipment is stored.

We motor past the new Barangaroo development and under the Sydney Harbour Bridge, waving to bridge climbers. In front of the Royal Botanic Gardens, the skipper unfurls the sails and we join the Sydney sailing set scudding across the water. As we round Fort Dennison he hands me the wheel, telling me to point the bow towards Taronga Zoo. The wind fills the sails, salt

spray splashes across my face and I feel like a Sydneysider living the good life, not just a tourist looking on.

We pass in front of the Australian Prime Minister's residence at Kirribilli, then the gaudy grin of the clown entrance to Luna Park before we steer to our sheltered moorage for the night at Ball's Head Bay. After dropping anchor and squaring away the sails, the skipper waves a cheery goodbye and motors off in his rubber dingy.

With the lights of the Sydney Harbour Bridge as the perfect backdrop, we feast on our delicious platters of seafood, salami, olives, dips, cheese and fruit, and pop a champagne cork to toast our foresight in choosing such a romantic sailing boat sleepover. Chocolates and star gazing follow before we snuggle down into our comfortable double bed, lulled to sleep by the gentle waves lapping against the boat.

Breakfast is a delicious selection of smoked salmon bagels, croissants and muffins, juice and coffee. All too soon our skipper returns and navigates our so-very-Sydney bed-and-breakfast back to the marina.

A gold package with Sydney By Sail is PGK2800. See sydneybysail.com. Air Niugini has regular flights from Port Moresby to Sydney. See airniugini.com.pg.

— SUSAN GOUGH HENLY





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G R E A T E S C A P E S

Robert Upe explores ideal islands, jungle, luxury lodges and white-sand beaches in the search for a perfect getaway.



1 NUSA ISLAND RETREAT, PAPUA NEW GUINEA

Expect to find crystal-clear water, un-crowded surf and overwater bungalows at this down-to-earth getaway on a small island opposite Kavieng, in northeast PNG. Surfing is the main attraction, from October to April, but diving, snorkelling over ship and plane wrecks, kayaking and fishing are also on offer. There's a small village on the island, where the friendly locals are adept at woodcarving and shell jewellery that they sell to visitors. The overwater bungalows are made from natural materials and have generous verandahs, with hammocks. Fish and crayfish, caught earlier in the day, often appear on the dinner buffet.

See nusaislandretreat.com. >



10 great escapes

2 TUFU RESORT, PAPUA NEW GUINEA

Remote Tufu Resort is positioned in the fjord lands of Oro Province and is renowned for some of the best diving in the world, including famous wrecks such as the World War 2 US bomber plane, *Black Jack*, and reefs teeming with corals, spanish mackerel, barracuda, hammerheads and countless other species. Built to compliment the environment, the views include mountains, sea and endless rainforest. The resort has a fully serviced bar and pool, 24-hour power, and air-conditioned bungalows that cater to divers and adventure travellers. Activities include cultural tours, snorkelling, fishing, kayaking, hobie cats, stand-up paddle boards, nature walks and traditional outrigger safaris. The resort also arranges stays in local guesthouses. **See tufiresort.com.** ➤



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10 great escapes

3 ALEENTA HUA HIN RESORT, THAILAND

This boutique resort and spa is right next to the golden sand of Pak Nampran Bay in Pranburi. Each of the whitewashed residences has a thatched roof and sits among palms on the seashore. And if the sea isn't enticing enough, most of the 23 residences have a private pool, too. The resort has free Wi-Fi and provides iPods loaded with music. But televisions are not included unless you make a special request in advance. The wholesome Thai food is locally sourced and includes healing herbs and exotic spices. Aleenta is popular for beach weddings and honeymoons. **See aleenta.com.** ➤



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10 great escapes

4 MATAKAURI, NEW ZEALAND

Set in the high country near Queenstown on New Zealand’s South Island, this small luxury lodge is all about style. It has knockout views over Lake Wakatipu and of rugged mountains that are snow-capped in winter. Suites include a private porch, a sitting area, an open fireplace and bathroom with oversized bathtub (with views). Dinner, perhaps home-cured Aoraki salmon, is served in the main lodge. The menu changes nightly, depending on the availability of local produce. The interiors are sensationally warm and cosy. No wonder *Conde Naste Traveller* (UK) labelled this a ‘super lodge’ and that royalty has stayed. **See matakaurilodge.com.**



5 ERATAP, VANUATU

Dining on the beach is one of the special experiences at Eratap, a resort that feels miles from anywhere but is just 30 minutes from Port Vila, which Air Niugini services twice a week. The resort’s restaurant (at right of photo) provides sweeping views over the surrounding reefs and islands. Facing west, it is perfect for sunsets. There are only about a dozen villas, in South Pacific island-style, from one to three bedrooms. Four have plunge pools. You never feel overcrowded, but if you want to get away, they’ll drop you off on a deserted island with a picnic lunch. Other activities include snorkelling, swimming, surfing, fishing and kayaking. **See eratap.com.** ➤





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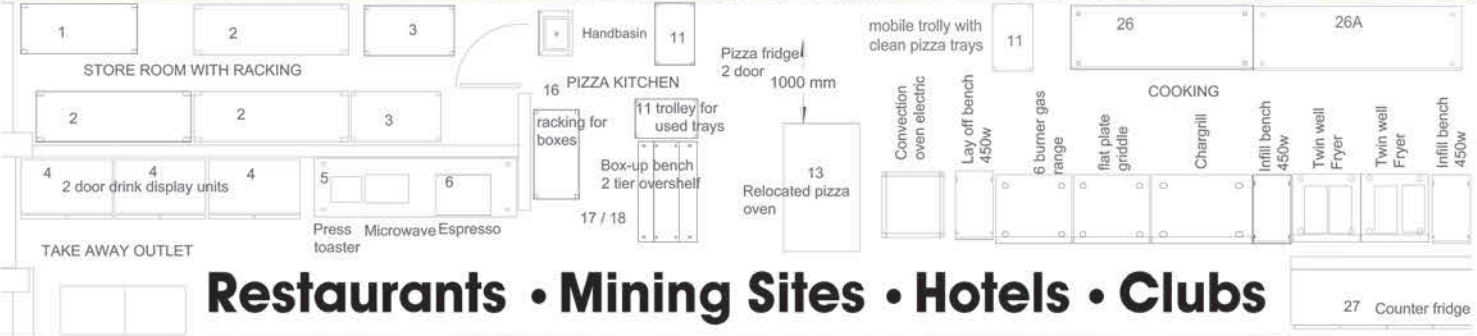
6 LUX SOUTH ARI ATOLL, MALDIVES

If you can drag yourself out of your villa, perched on stilts above the crystal-clear waters of a lagoon, there are opportunities here to sail on a traditional *dhoni* to swim with the resident whale sharks. Manta rays, turtles and dolphins are also there to be seen by divers, snorkellers and swimmers. There are eight restaurants at the resort, including the delightful Island Kitchen, which has tables on the beach under a thatched roof and ceiling fans. Also find a day spa, fitness centre and swimming pool. **See luxresorts.com.** ➤



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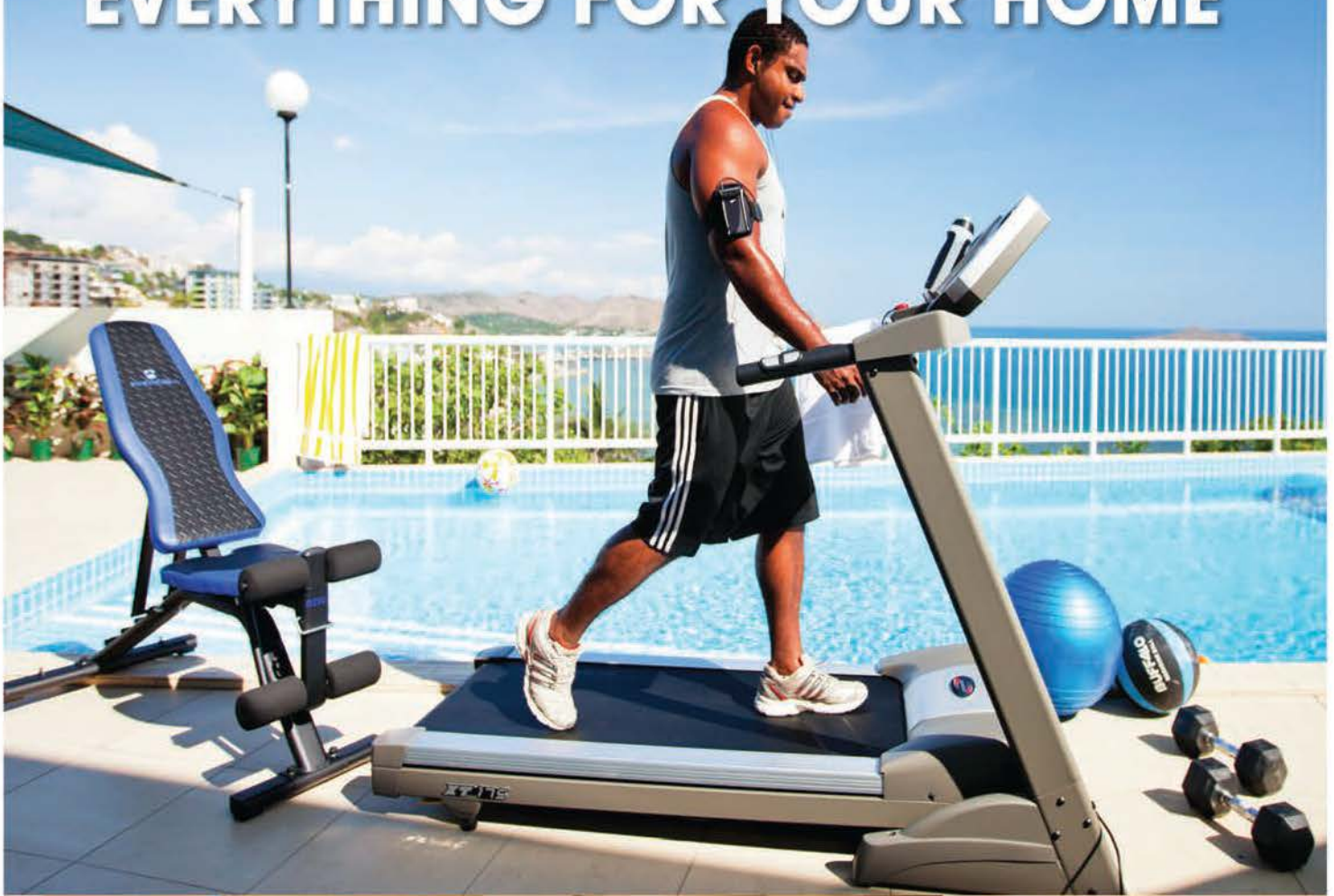
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10 great escapes



7 JEAN-MICHEL COUSTEAU RESORT, FIJI

There are 25 bures at the Cousteau resort on Savusavu Bay, with views of sea and mountains. They have private decks, louvre windows, comfortable chairs and chaise lounges. This is a five-star resort, just as welcoming to families as it is to couples. Diving, snorkelling, sailing, paddle boarding, reef walks, visiting a Fijian village and hikes into rainforest and to waterfalls are among things to do. Many of the activities are free. Meals are also included in the tariff. Once a week there is a Fijian lovo feast with slow-cooked food covered with banana leaves in a fire pit with hot embers. Check with the resort to see if there are any lasting effects from Cyclone Winston in February. See fijiresort.com.

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8 LAUCALA, FIJI

White sandy beaches meet rainforest at this private island refuge, with 25 Fijian-styled villas. The villas are clustered along the northern coast of the island but you wouldn't know anyone else is staying. Some of the villas are located along the white-sand beach, while others are in a coconut grove with a private beach, perched on top of hills, or over the water. There's a golf course, a kids' club, and a spa and wellness centre, where the signature body scrub uses the volcanic soil from the island. There are five restaurants, with offerings from beachside barbecues to fine dining. This is a seven-star style resort, owned by Red Bull billionaire Dietrich Mateschitz. Check with the resort to see if there are any lasting effects from Cyclone Winston in February. See laucala.com ▶





10 great escapes

9 ELEPHANT HILLS,
THAILAND


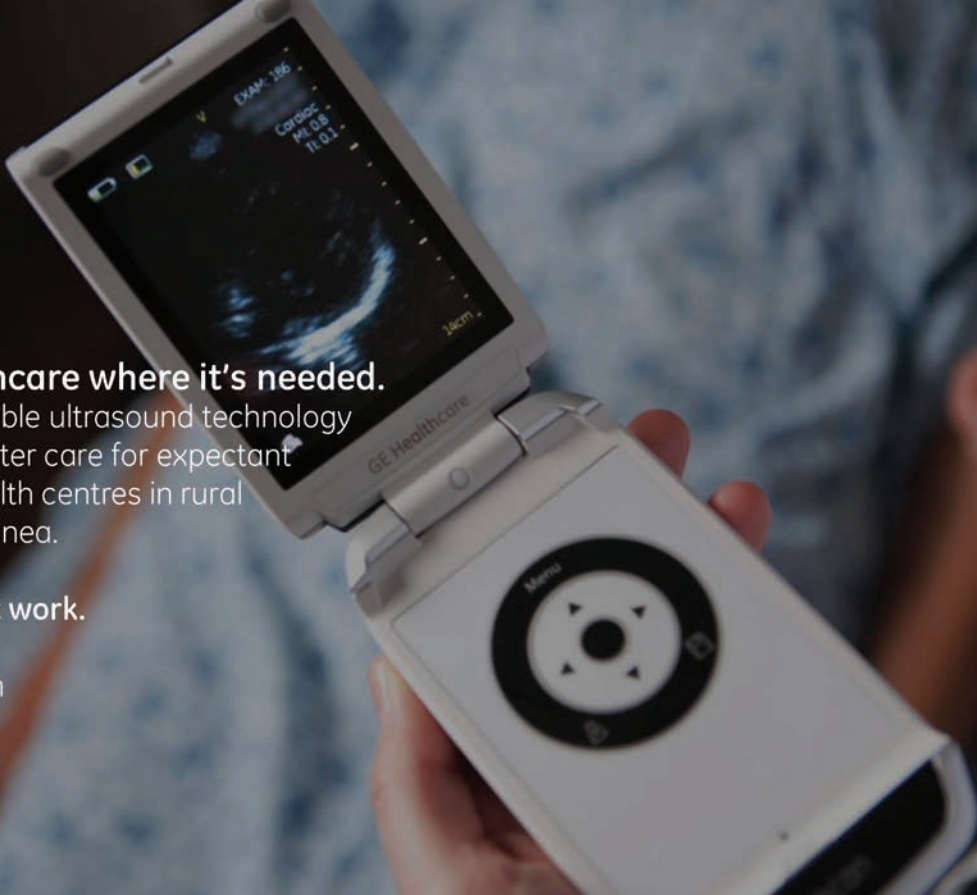
This is like an African safari experience, except you're in the rainforest at Khao Sok in southern Thailand. There are two camps, the Elephant Camp with 35 safari tents, and the floating Rainforest Camp with 20. The tents have solid beds, fans and bathrooms. Activities include guided canoeing and jungle walks, but the experience of washing and interacting with elephants is what most people go for. The elephants are retired from the logging industry and are treated with respect (no elephant rides available). **See elephanthills.com.** ➤



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 A close-up of a hand holding a white, handheld GE Vscan portable ultrasound device. The screen displays a fetal ultrasound image with text: 'EMAX 186', 'Cardiac', 'FVI 0.8', and 'TI 0.1'. The device has a circular control panel with directional arrows and a 'Menu' button. The background is a blurred image of a person in a white lab coat.


10 great escapes



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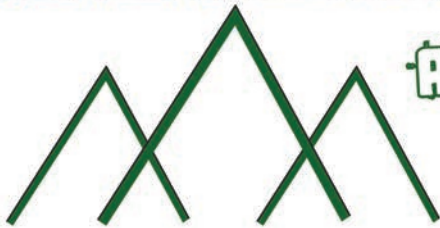
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- Mount Kilimanjaro, Africa




10 great escapes



10 QUALIA, AUSTRALIA

Luxury doesn't come much better than it does at qualia, a gated resort with a private beach on Queensland's Hamilton Island. Celebrities stay, among them actor Leonardo DiCaprio and model Miranda Kerr. The resort consists of individually designed pavilions, in tropical bushland, with views over the sea. Queensland's famous Whitehaven Beach is not far away. The pavilions are made of stone and timber and have floor-to-ceiling windows that open out and allow uninterrupted sea vistas. Infinity plunge pools, stone ensuite bathrooms, furnished sun decks, entertainment systems and full connectivity are part of the five-star offering. Fine dining is served in the Long Pavilion. **See qualia.com.au.** ■

 **Air Niugini flies to many of the areas featured in this article, including Port Vila (Vanuatu), where it has introduced special low fares. Local air connections or charters may be required for some of the destinations. See airniugini.com.pg.**



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South Pacific solitude

Craig Tansley travels to Vanuatu's little-known island of Espiritu Santo.

There's something of the wild west in Espiritu Santo's sleepy capital, Luganville. I expect a cowboy to ride into town at any moment. Though when I step out onto the main street there's no one on horseback, or in a car for that matter ... just something that looks a lot like tumbleweed blowing down the bitumen. Not that there's much bitumen around here either; most roads across this island in Vanuatu are dirt and heavily corrugated.

It's hard to believe I'm barely an hour by plane from Vanuatu's bustling capital, Port Vila. Up here, most locals still live from the land and the sea. At the markets in Luganville, I see men dressed in local costume, bare-chested, covered with nothing much more than grass and bark.

During World War 2, Vanuatu was a war base for over 100 000 Allied soldiers, but it's impossible to imagine this sleepy island was once a thriving metropolis. JFK came through these parts and writer James A Michener based his book *Tales Of The South*

Pacific on his time here during the war. Michener's fantasised south seas utopia, Bali Hai, is actually the island of Ambae, visible from Espiritu Santo.

That Espiritu Santo is the ultimate south seas paradise is obvious the moment you land and find yourself surrounded by calm blue waters and jungle-covered peaks.

That there's barely a soul to share it with is the thing that's got me confused. See, this isn't some backwater. Espiritu Santo is actually home to some of the South Pacific's prettiest – and most exclusive – resorts. But they're low-key affairs.

I first came to the island eight years ago; back then I fell for its laidback charm and I wondered where all the tourists were. And now, all these years on, nothing's changed.

The airport I arrive at hasn't changed a bit either – locals still sleep outside, under coconut trees, through the worst of the midday sun. I'm staying on a tiny island,

just off Luganville. As I take a boat across to the Aore Island Resort, fish leap across the river like the resort owners have them choreographed.

My bungalow's a simple affair, but it looks directly across the water, and as I walk towards my room a fishing boat arrives. I stop to check the catch, there's four gigantic wahoo in an ice bucket – dinner tonight that can't come fresher. Later, in the evening, I kayak out from the shore and take in the burnt colours of a tropical sunset. When the light finally fades, I sit beside coconut trees under a sky of blinking stars, and eat wahoo by moonlight.

There's plenty to do on Espiritu Santo, so next morning I'm driven back to the mainland for a tour into the island's untouched interior.

A four-wheel-drive vehicle takes me up bumpy dirt tracks.

We drive for an hour, then jump into the fast-flowing Mount Hope River and float down with the rapids. ►





PICTURES: DAVID KIRKLAND & VANUATU TOURISM

Big blue ... a deserted jungle-fringed beach, typical of Espiritu Santo (left); Champagne Beach (top); diving the *SS Coolidge* (above); floating around on one of Vanuatu's famous blue holes.



South Pacific solitude

“

When the light finally fades, I sit beside coconut trees under a sky of blinking stars, and eat wahoo by moonlight.

”

Next day, I drive north from Luganville on a road that looks out across stunning vistas of blue ocean and white-sand beaches. I take a turn-off to a deserted beach – it’s one of Espiritu Santo’s hot-spots, but there’s no one here. I’ve arrived at Champagne Beach – where the sand’s the same colour and texture as Queensland’s world-famous Whitehaven Beach. It seems no one outside of Vanuatu has heard of this beach, yet I’m surrounded on three sides by soaring green peaks on the prettiest stretch of sand I’ve seen in the South Pacific.

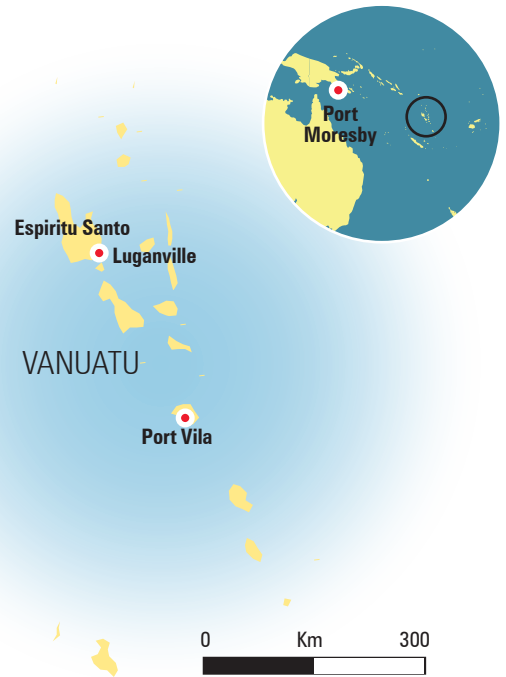
After a long swim, I make my way to Port Olry Harbour Restaurant, which sits on a beach around the corner. This could be the site of the ultimate beer commercial: an old shack with a clear view over a deserted beach and a turquoise ocean. I’m told the coconut crab with garlic and curry sauce is a must, so I order it, and an ice-cold Tusker beer, and settle in for the afternoon.

When I think I’ve seen it all, I take a day trip to nearby Malo Island. I paddle along a deserted river, hacking at branches with a machete to get through. Then we find the Blue Pool (Espiritu

Santo is dotted with blue holes, formed by springs of pure fresh water rising to the surface). Tiny finches swoop down on the blue waters all around me.

There’s no end to the surprises in store at Espiritu Santo – and I’m not even a diver. Espiritu Santo is a hot spot for divers; many coming here to dive the *SS Coolidge*, which sank during World War 2.

It’s reassuring to know, in a world over-run by tourists trudging further and further into the Pacific, that there’s still an island to enjoy all on your, a million miles from anyone. ■



NEED TO KNOW

STAY The Aore Island Resort is a short boat trip from the mainland of Espiritu Santo and has beach bungalows with traditional ambience. See aoreislandresorts.com.

COST Rooms are PGK400 a day, with breakfast.

MORE INFORMATION vanuatutavel.info

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City guide:

BANGKOK

Brian Johnston goes exploring in the Thailand capital.



Bangkok is packed with palaces and temples, street markets and museums, busy restaurants and nightclubs.

Beneath its glittering skyscrapers, air-conditioned shopping malls and recent prosperity, traditional life goes on as orange-robed monks glide

through temple courtyards, street stalls sizzle with food and wooden boats chug along the Chao Phraya River.

Plunder its markets, plunge into

its hedonistic, raucous nightlife, admire sunsets over golden stupas and enjoy the spicy flavours of Thai cuisine in an exhilarating city that assaults all the senses.





GETTING AROUND

The elevated railway or Skytrain (bts.co.th) and MRT subway (bangkokmetro.co.th) are the best way to beat Bangkok's notorious traffic, though mostly serving downtown financial districts. Affordable taxis are the alternative; open-sided tuk-tuks (pictured) are more adventurous but seldom faster or cheaper. Don't forget to ride Chao Phraya River ferries (chaophrayaexpressboat.com).

SIGHTS

The Grand Palace (Na Phra Lan Road; palaces.thai.net) is a vast complex whose Thai roofs and stupas punctuate the skyline. Buildings are decorated with porcelain tiles, mythological figures and guardian warriors (pictured above).
 Wat Pho (2 Sanamchai Road; watpho.com) is Thailand's largest temple (pictured far right). In the middle of the complex lies a giant gold-leaf reclining Buddha. Monks in saffron robes glide through the grounds.
 Wat Arun (watarun.net) sits on the river and is decorated with pink and blue ceramic shards in floral and other decorative motifs. It provides great views of the city and Grand Palace.

BANGKOK SPECIAL

If you have a liking for Thai cuisine, bring its flavours home to your kitchen by attending cooking classes. Most courses offer a balance between lectures, demonstrations and hands-on experience. Venues include Blue Elephant Cooking School (blueelephantcookingschool.com) and UFM Baking & Cooking School (ufmeducation.com), where you can also learn the art of fruit and vegetable carving. At the luxe end, the Peninsula Bangkok (bangkok.peninsula.com) has short programs and introductions to Thai herbs, and the Mandarin Oriental Bangkok (mandarinoriental.com) runs a cooking school (pictured).

CULTURE CULTURE

The National Museum (Na Phra That Road; nationalmuseums.finearts.go.th) has impressive exhibits of Thai archaeological treasures and art, and a fascinating room devoted to royal transportation through the ages.
 Vimanmek Palace (16 Ratchawithi Road; vimanmek.com) is a gorgeous teak palace slotted together without use of nails, and packed with royal furnishings and an eclectic assortment of royal gifts from VIPs around the world.
 Head to the National Theatre (1 Na Phra That Road), where performers from the School of Music and Dance put on displays of classical Thai dance. The theatre also hosts visiting ballet and theatrical troupes. ➤



City guide: Bangkok

CHILD'S PLAY

Kidzania Bangkok (Siam Paragon, pictured right, 991 Rama I Road, Pathumwan; bangkok.kidzania.com) is styled like a European town and allows kids to try 80 jobs, from fire fighting to ambulance rescue and piloting an airplane.

Stretch the family legs in landscaped Dusit Zoo (Rama V Road, Dusit; dusitzoo.org), where you can ogle tigers, bears and 800 species of birds. A central lake offers paddleboat rentals.

Queen Saovabha Memorial Institute (1871 Rama IV Road; saovabha.com), better known as the Red Cross snake farm, has snake-handling and venom-milking shows to fascinate the kids.



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City guide: Bangkok



RETAIL THERAPY

CentralWorld (999/9 Rama I Road; centralworld.co.th) has upscale clothing (pictured middle), the latest gadgets, trendy cafes and big department stores Isetan and Zen. It also has an excellent food hall.

Patpong Night Market (Phat Pong 2 Soi, Suriya Wong, Bangrak) is crammed with silk blouses, printed T-shirts and leather goods. More interesting are wooden masks, carvings and local handicrafts (pictured left).

The city's most beautiful (and possibly priciest) silk goods are found at Jim Thompson (9 Surawong Road, Suriyawong; jimthompson.com). Made-to-order silk comes in your chosen colours and patterns. ➤

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Escape. Explore. Enjoy



City guide: Bangkok

SPORTING LIFE

Head to Rajadamnern Stadium (1 Ratchadamnoen Nok Road; rajadamnern.com) for a display of *muay thai* or Thai boxing. Speed and power are the important elements of any Thai boxing match: bouts come in five three-minute rounds and become increasingly explosive as the fight progresses. Bangkok Golf Club (99 Moo 2, Tiwanon Road, Bangkok; golf.th.com) is only a 40-minute drive from downtown and provides 18 and nine-hole courses, driving range and adjacent spa retreat. Join the locals in leafy Lumpini Park (139/4 Witthayu Road, Lumpini) for jogging, tai chi, basketball and recreational activities such as pedal-boating, rowing and free sunset aerobics sessions to techno beats.



ESCAPE

Ayutthaya (ayutthaya.net) was once a great merchant city and capital of an ancient Thai kingdom whose ruined palaces and temples stand among flame trees on a loop of the Chao Phraya river. Bang Sai Arts & Crafts Centre (Amphoe Bang Sai, Ayutthaya; tourismthailand.org), sponsored by the Thai queen, provides demonstrations of traditional crafts such as wood carving, silk weaving and umbrella making. The Thai monarchy's Bang Pa-In Summer Palace (Ban Len, Bang Pa-in District) is a group of buildings exuberant with Asian and European architectural influences. It's centred on an ornamental lake in beautiful landscapes on the Chao Phraya River. ➤

The Grand Palace ... one of Bangkok's most stunning sights.

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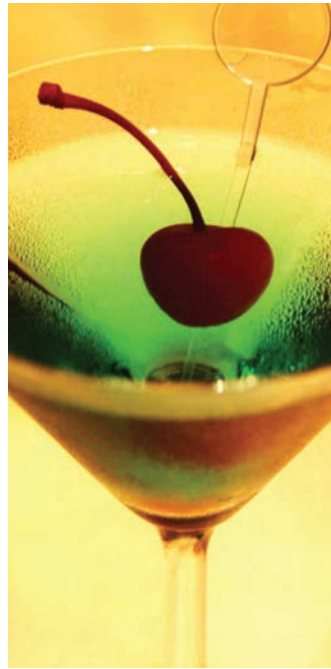


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City guide: Bangkok



PILLOW TALK

Arun Residence (36–38 Soi Pratoon Nok Yoong, Maharat Road; arunresidence.com) occupies a renovated, colonial riverside house decorated with traditional Thai furnishings, and has bewitching views of Wat Pho.

Stylish, contemporary Dream Bangkok (10 Sukhumvit Soi, 15 Sukhumvit 15 Alley; dreambkk.com) has excellent beds and showers. Interesting guestroom lighting floats you in a sea of soothing blue.

Legendary Mandarin Oriental Bangkok (48 Oriental Avenue; mandarinoriental.com) has heritage suites named for famous writers, sumptuous furnishings, a superb spa and numerous top-notch restaurants (pictured).

WATERING HOLES

The gorgeous teak mansion housing Hemmingway’s Bangkok (1 Sukhumvit Soi 14, Sukhumvit Road; hemingwaysbangkok.com) is reason enough to visit, but you can also enjoy after-work happy hours, tapas-style dining, craft beers and cocktails on tree-shaded verandas.

The Nest (Le Fenix Hotel, 33/33 Soi 11, Sukhumvit; thenestbangkok.com) provides suave DJs and good finger food. Relaxed spaces in the maze-like venue are just the place to kick back on sofas and daybeds.

Vertigo and the Moon Bar (21/100 South Sathon Road; banyantree.com) on the 63rd floor of the Banyan Tree Bangkok hotel provide an al fresco drinking space with views over the light-twinkled city and cocktails (pictured).

EATS

Elegant Le Du Restaurant (399/3 Silom Soi 7; ledubkk.com) features a modern Thai menu with international influences and features good multi-course tasting menus, with an excellent wine list.

ZENSE (Zen Department Store, 4/5 Rajadamri Road; zensebangkok.com) is a trendy retreat that brings together dishes (pictured above and above right) from several well-known city restaurants; browse menus for Thai, Japanese, Italian and Indian.

Ultra-contemporary Breeze (1055 Silom Road; lebu.com/breeze) offers Asian seafood dishes with inventive twists. Head upstairs afterwards to the 63rd-floor Sky Bar for a spectacular after-dinner drink.

TUCK IN

Thai noodles are most commonly served fried with egg, beansprouts, ground peanuts and lime juice (pat thai). It’s the practice to order a basic dish of noodles and then add on optional extras such as strips of beef, roast chicken or shrimps to taste. Some of the best informal noodles can be had at Raan Jay Fai (327 Mahachai Road); for an upmarket, riverside version try Thiptara (Peninsula Bangkok, Khwaeng Si Phraya, Khet Bang Rak; bangkok.peninsula.com). ■

BANGKOK

POPULATION: 6.4 million

CURRENCY: Thai baht; 100 baht = PK8.5

• **TAXI FARE FROM AIRPORT:** Around 600 baht, though very traffic dependent.

• **INTERNATIONAL DIALLING CODE:** +66

• **LANGUAGE:** Thai

• **POWER:** Two-hole outlets accommodate both flat, US-style prongs and round European- and Asian-style prongs.



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AFFORDABLE HONG KONG

Holidaying in the world's most popular city does not have to cost a fortune. In fact, many attractions are free. *Sally Hammond* reports.

Hong Kong's busy ferry terminal is just a few steps from my hotel and to go there is like stepping into selfie-central. It seems everyone has one arm extended, gazing into his or her mobile phone, expressions carefully posed. And who can blame them? Their backdrop is Hong Kong Island, bristling with high-rises and, on this stunning day, glistening like a mythic kingdom.

PICTURES: GORDON HAMMOND



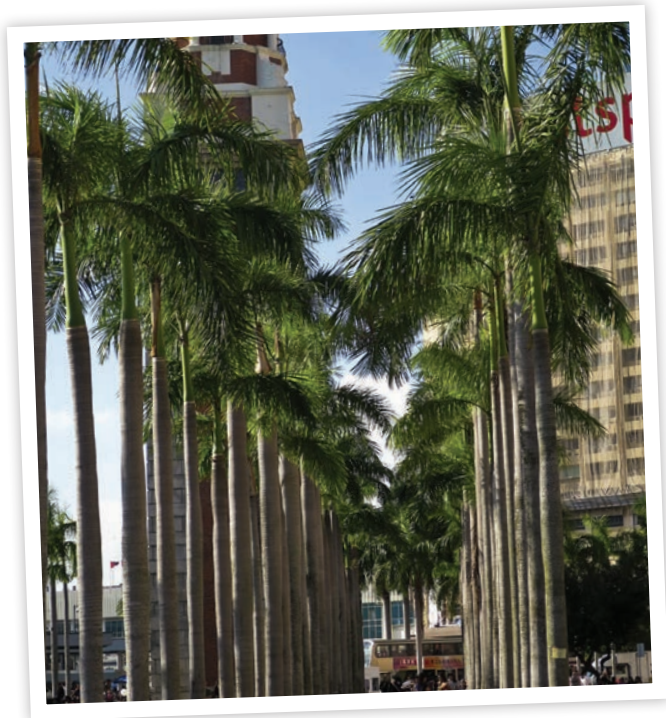


“

The Star Ferry crossing from Victoria Harbour to Hong Kong Island costs 2HKD (PGK77) for the lower deck. Double the experience by coinciding with the 18-minute nightly laser show from 8pm.

”

Hong Kong ... many of the sights and sounds of this busy city are free, including a nightly light show that dances across the city's buildings and is best viewed from the harbour.



I'm off to see the city everyone talks about. It's also the one where almost 28 million visitors part with around PGK117.3 billion annually.

While it's not the world's most expensive city for tourists (Zurich achieves that with an estimated PGK3200 per stay) the average per capita spend per night in Hong Kong is PGK3100. Over the average 3.3 nights spent by most visitors to Hong Kong, the total comes out at PGK10,225.

It isn't my intention to be a tightwad. With a healthy roll of HKD, I simply want to enjoy as much of the city as I can.

Many museums are free on Wednesday, including Dr Sun Yat-sen Museum at Central, Hong Kong Space Museum and Hong Kong Museum of History, both at Tsim Sha Tsui, and Hong Kong Science Museum at Tsim Sha Tsui East. The Flagstaff House Museum of Tea Ware at Central is free at any time.

Window-shopping costs nothing at the endless progression of big-name stores and designers along Canton Road and Nathan Road. Some are so elite (we're talking Prada, Van Cleef & Arpels, Tiffany & Co and more) that doormen wearing white gloves personally welcome shoppers inside.

Many blocks north is the Ladies Market, best reached by taxi, a place to browse over 100 stalls, bargaining for the best price on women's clothing, shoes and bags.

Kowloon Park is a surprise. There are 13 hectares of gardens and small lakes, children's areas, a maze, statues and peaceful places for people to relax and picnic, to escape the city noise and bustle. Free, too. ➤



Affordable Hong Kong

The Star Ferry crossing from Victoria Harbor to Hong Kong Island costs \$HK2 (PGK77) for the lower deck. Double the experience by coinciding with the 18-minute nightly laser show from 8pm, in which shafts of blue light pierce the night sky, and patterns emerge on buildings one after the other. It's worth getting off the ferry at Wan Chai Wharf to marvel at the enormous Hong Kong Observation Wheel, and the island's city lights as they begin to turn on.

Back in Kowloon, there's very affordable (and good) dining in the food court at Harbour City and if the timing is right, stroll on to the sixth-floor

In focus ... have your camera ready for the stunning Hong Kong scenery, public artworks and, of course, the selfie with the city as a backdrop.



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Affordable Hong Kong



- Hong Kong Zoological and Botanical Gardens near Victoria Peak has free admission.
- Practise kung fu, learn about local architecture, or take a tea appreciation class with Hong Kong Tourism Board's Cultural Kaleidoscope Program; free weekend sessions.
- Hong Kong's glittering Buddhist temples are free to visit.
- Free variety shows and music recitals are frequently available at the Hong Kong Cultural Centre, close to Victoria Harbour.
- Ride the 800-metre escalator system between Hong Kong's Central and Western District.
- There are panoramic views of Victoria Harbour from the free-to-enter observation deck on the Bank of China Tower's 43rd floor.
- Hong Kong Park at Central has gardens and water features
- and a free morning bird watcher's walk.
- At the Yuen Po Street bird market, Prince Edward, Kowloon, you can see bird owners bringing their caged birds to sing.
- Hong Kong has many markets with plenty of bargains, from electronics and antiques to fashion and flowers.
- Spend a day at the Sha Tin Racecourse or Happy Valley Racecourse for \$HK10 (PGK3.8).
- Travel on the Ding Ding Tram's six routes around Hong Kong Island, about \$HK2.3 per ride (PGK.90).
- Free Wi-Fi services are widespread at major parks and gardens, visitor centres, public libraries, sports venues, cultural and recreational centres, ferry terminals, MTR stations, tourist attractions, shopping malls, restaurants, cafes and public transport.

viewing platform at the Marco Polo Hong Kong Hotel to watch the laser show from there.

Day's end, and I'd spent a fraction of my stash of local cash. I won't exchange it back, as I plan to keep it for next time. Soon, I hope. ■

 **Air Niugini has daily services between Port Moresby and Hong Kong. See airniugini.com.pg.**

NEED TO KNOW

HONG KONG, a Special Administrative Region (SAR) of China.

POPULATION About 7 million.

CURRENCY Hong Kong dollar = PGK.387 kina

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PICTURES: ROBERT UPE

Ben Keya and his family welcome visitors to their remote guesthouse, about an hour's boat ride from Alotau in Milne Bay. Surrounded by jungle, this five-room rudimentary accommodation is a few hundred metres from the coast, up the Simagahi River.

Made of traditional materials – a sago-leaf thatched roof and sago-bark walling – a room costs PGK120 a night, including breakfast and lunch.

Boat transfers from Alotau are PGK35 each way and dinner is PGK25. Expect freshly caught fish – trevally perhaps – and locally grown vegetables such as sweet potato.

Go there for the fishing along the river where you can take out a traditional canoe with outrigger and try your luck at scooping up some sardines. Or, hop on Keya's 100-horsepower open longboat, fully equipped with gear for catching bigger fish in the open waters of Milne Bay. You may even be able to persuade Keya to duck-dive for crayfish and then have it grilled over an open fire.

Keya also does island-hopping tours to nearby places such as Doini Island, where there is a resort if you're craving a G&T, and to Samarai Island, which was once the provincial capital but is now a fascinating collection of dilapidated buildings where about 100 people live.

If you can swing it, go to Samarai Island on a Saturday morning, when the locals from nearby



islands gather for their weekly produce market, selling everything from betel nut to large and juicy mussels. The locals are friendly and acknowledge you with beaming-wide smiles that flash their red-stained teeth from chewing the nut.

Keya will take you to Gonu Bara Bara Island, where you can snorkel with giant manta rays.

Bird watching is also on the agenda. Wander into the jungle to see the bird of paradise, or take a tough two-hour trek from the guesthouse to a waterfall, where the reward is a fresh-water pool in which to cool off.

There is a legend about the Simagahi River: that crocodiles swim to a certain rock, just upstream from the guesthouse, die and float back down. For this reason, crocs won't venture up river and it is considered safe by the locals. ■



Contact Keya direct on +675 70639849 or through the Esa-ala Tourism Office, +675 641 1399.

— ROBERT UPE





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HOW BIG? 52 keys

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CHECK OUT TIME 10am

HIGHLIGHTS

- Views across the bay to a smoking volcano
- Cafe with outdoor tropical ambience
- Seafood paella, reef fish and lobster on the menu

NEARBY

The Kokopo Market and the Kokopo War Museum are within walking distance.

- WI-Fi in rooms and public areas
- Fee for WI-Fi
- Television
- Air conditioning in room
- Ceiling fan in room
- Business centre
- Gym
- Room service
- Swimming pool
- Airport transfers
- Hotel arranges tours
- Breakfast included in room charge



PICTURE: ROBERT UPE

THE LOCATION

Kokopo is a seaside town near Rabaul, on the island of East New Britain, where the key attractions include the annual Mask Festival in July, the Duke of York Islands, war history sites and the smoking volcano, Mount Tavurvur. The hotel is set above the Ralum Golf Course, with views from some rooms across Blanche Bay and to the volcano.

THE PLACE

The 3.5-star Gazelle opened in 2010 and has a tropical and open-air feel in many of its public areas. The concrete construction of the two-storey building is softened with jungle plantings and local woodcarvings and statues.

There is a small outdoor swimming pool surrounded by sun lounges. The hotel's Club Coe is a sleek and ultra-modern nightclub with two bars, pool tables, a gaming lounge with

poker machines and big TV screens. The hotel is built on the site of the original residence of the legendary Queen Emma of the South Seas. The concrete steps of her mansion (pictured) are still in the hotel grounds, and an attraction for tourists.

Queen Emma, real name Emma Coe, was a plantation owner and businesswoman known for lavish parties and for the string of men she dated and married. Her plantation once stood on the golf course opposite the hotel.

There are plans for the hotel to have a gym and new pool. Sixteen serviced apartments are also on the drawing board.

IN THE ROOMS

Flat-screen TVs with satellite channels, tea and coffee-making facilities, refrigerators, iron/ironing board, juliet balconies. Executive rooms also have cappuccino machines.

FOOD AND DRINK

Emma's Restaurant has London-trained Portuguese chef Luis Gomes in the kitchen, specialising in seafood. A Peruvian ceviche with reef fish is on the menu for PGK25, along with seafood paella (PGK42.50) and grilled crayfish with chilli and garlic (PGK85). Meat eaters will love the rib eye on the bone (PGK67.50). The restaurant is open for breakfast, lunch and dinner. The full English breakfast buffet is included in the tariff.

If you want to go more casual than Emma's Restaurant, the hotel's open-air Chino Cafe has comfortable seating in lounge chairs. A coffee is PGK8.50 and a double-decker club sandwich with roast chicken is PGK38. Pizzas and pasta are also served up. ■

— ROBERT UPE

WHAT GUESTS LIKE

"We stayed because we wanted to be right next to the Mask Festival." — Tripadvisor

"The chef was brilliant and catered to my vegan needs." — Tripadvisor

"Every member of staff was helpful, friendly and could not be any more obliging to all our needs." — Hotels.com



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Three of a kind ... waterfalls and cascades



CRYSTAL RAPIDS, PNG

At 800 metres above sea level, the Sogeri region is wetter and cooler than Port Moresby, which makes for a perfect day-trip when the city gets too hot.

WHERE

Just past Sogeri Market, about 40 kilometres out of Port Moresby.

HOW TO GET THERE

Prepare for a rough ride. The roads are pot-holed and you will need a 4WD to tackle the last of the red-earth track, but it's well worth the effort. There is a charge of PGK20 to enter the rapids area.

THINGS TO SEE AND DO

The facilities have recently been updated, with sheltered picnic tables and new barbecues. The rapids are good fun on a rubber tube, but the current can be strong, and beware of unseen rocks and branches below the surface. Due to the location, it is recommended you go in a group and abide by all the usual security precautions that apply for Port Moresby. Check with your hosts or hotel.

NEARBY

Stock up on fresh fruit and local produce at the Sogeri Market on your way to visit the rapids.



MELE CASCADES, VANUATU

One of the most popular spots to cool down and relax on the main island of Efate is Mele Cascades.

WHERE

The cascades are only a 15-minute drive from the centre of Port Vila.

HOW TO GET THERE

Your accommodation in Port Vila will be able to book you a tour, or you can get there by local bus – just make sure you have cash in vatu to pay the driver. There is also an entrance fee of 2000 vatu (PGK57) per adult tourist to get into the falls.

THINGS TO SEE AND DO

Reef shoes or similar light but tough footwear is recommended, as there are plenty of damp, slippery steps on the way to the falls. Be prepared to get wet, as the path takes you under the falls. Once you get there, soak in the views and relax in the cool water. If you're in need of a pedicure after the walk, tiny local fish will oblige with a tickly nibble on the soles of your feet.

NEARBY

There is a bar and restaurant at the falls, or stop in at the War Horse Saloon on your way back into town for craft beers brewed on site, and US-style burgers-and-ribs food.



SEKUMPUL WATERFALL, BALI

Next time you're in Bali, get away from the crowds on the beaches and towns and head inland to see these spectacular waterfalls.

WHERE

Sekumpul waterfall is in Bali's north, about 25 kilometres south of the town of Singaraja.

HOW TO GET THERE

From Denpasar it's about a two-hour drive to get to the Singaraja region and the village of Sekumpul. The route is well signed. There is an entrance fee to the falls of 10,000 rupiah (PGK2.3). Plenty of tour companies and local drivers run trips to the falls.

THINGS TO SEE AND DO

It's quite a hike to get to the falls, with many slippery steps to descend and a river to cross – but once you get there it's worth the hassle. Sekumpul means 'group' and there are actually seven waterfalls in the area, with the highest dropping over 50 metres. Allow at least three hours for the walk in and out and to appreciate the experience.

NEARBY

The popular Gitigit Falls aren't far way, but many will advise taking the trouble to seek out the less-visited Jembong waterfall.





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TIME TRAVELLER

Port Moresby, late 1960s

In this aerial photograph, the only high-rise building in Port Moresby's central business district is ANG House (centre right) and there has been very little land reclamation.

Today, reclamation has pushed out the coastline all along this part of the Port Moresby peninsula, right up the edges of Hanuabada and Konedobu at the top of the photo.

The other big change is that many of the trees that lined the streets of downtown Port Moresby, as seen here, have been felled in the name of development.

— JOHN BROOKSBANK

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PORTRAIT OF AN ARTIST

Mary O'Brien meets
South Pacific artist Penny Casey,
born and inspired in PNG
and now residing in Fiji.

Artist Penny Casey has spent her entire life in the South Pacific, but it's her childhood in the remote highlands of Papua New Guinea that remains a constant inspiration.

Her haunting portraits of highlanders are the works that are closest to her heart.

"My New Guinea paintings capture a lost time, a lost people – they are the last chapter of the last frontier," Penny says. "I'm painting something that is being lost very quickly and that makes me sad."

Though she didn't realise it at the time, Casey had a very isolated childhood. She grew up in the Eastern Highlands during the 70s and was the only European child on her family's coffee, tobacco and rubber plantations.

Her connections with PNG extend back three generations. Casey's parents were born in PNG and her grandfather, Michael Noel Casey, served in the 33rd Papua New Guinea Infantry Battalion and was later an MP for Kainantu.

"Despite my appearance, I'm a born Papua New Guinean and the other half of me is Fijian," she says. ➤

On the beach ... many of Penny Casey's works depict everyday life in the South Pacific.



TIME FOR AN EXPORT.

BREWED WITH
PRIDE IN PNG.



Portrait of an artist



She remembers idyllic days, running wild and free as a child in Goroka, Karkar Island, Madang, Lae and Markham Valley. The vibrant colours and rich culture of her world inspired her to draw and paint. Casey lived near lawyer and diplomat Dame Meg Taylor (now the secretary general of the Pacific Island Forum Secretariat).

It was Dame Meg who encouraged her to draw portraits of the highlanders when she was a child.

At age 10, she was shipped off to boarding school in Brisbane. She had to take a long drive and three flights to get there, and she remembers asking her mum in pidgin not to leave her. "I was petrified, I had never seen so many white girls in my life."

At school, a teacher noticed her sketches and encouraged her to enter her work into art competitions. When Casey started winning some prizes, her parents were amazed because they hadn't realised that she could draw.

"The highlanders are so beautiful and they're such strong people," she says. "They're very majestic, they are very fierce warriors and they have an aura about them." ➤

Penny Casey ... amazed her parents when she started winning art prizes at a young age. Since then she has exhibited around the world, including New York.

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Portrait of an artist



In the highlands ... artist Penny Casey says her work is autobiographical and her PNG collection is inspired by her childhood in the country.

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Portrait of an artist



“

The highlanders are so beautiful and they're such strong people.

They're very majestic, they are very fierce warriors and they have an aura about them.

”

While her New Guinean series is her most popular style of painting, some people find her portraits confronting, she says.

Casey started selling her paintings when she was 13 years old. At 17, she had a manager and a gallery representing her but she soon grew disillusioned with the system. While it was great to have support, she didn't like the large commissions that she had to pay. So, at 21, she decided to represent herself and host her own shows.

It was risky but she had faith, worked hard and was rewarded, she says.

Her life and art took a different turn when she moved to Fiji with her parents in the 90s and fell in love with island life there. She describes the light in Fiji as romantic and the move softened her art, she says.

"Everyone is so nice, so kind, so soft and passionate. I started my Fiji series and made it less portraiture work with kinder lines, more colour and no faces."

She spent seven years in Australia, entering competitions and making a name for herself. In 2004, she was placed in the William Dobell Art Exhibition. ➤

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Portrait of an artist



Varied collections
... Penny Casey's art includes themes such as Fiji, South Pacific sepia, the ocean, and Papua New Guinea.



Since then Casey has had exhibitions in New York, Singapore, New Guinea, Fiji and Latvia. Her work has been shown in the UK, the US, Hong Kong and New Zealand.

Fiji has been home to Casey for the past 23 years and she works from a studio in Nadi.

"As a self-taught artist, I have to be very dedicated to my trade and I have to continuously grow and explore all types of mediums and styles," she says.

Despite the beautiful scenery, flora and fauna and the smiles and laughter of the Fijian people, her work as an artist has its challenges, including difficulty in accessing art supplies.

All her work is autobiographical, she says. Her New Guinea collection is inspired by her childhood, the Fiji series portrays her home today, the sepia paintings capture the traditional

South Pacific way of life and her ocean art reflects her love of water sports.

"In my sepia series, which is a lot softer, I've embraced my old plantation life," she says.

While looking after a friend's children, she invented the character of Tui, a little Fijian boy. She is now working on her fourth children's book, following the adventures of Tui and his gang. The series includes a colouring book and a book to help children to learn to count in Fijian.

Though Casey always thinks of herself as 'the girl from New Guinea', she has not returned to her birthplace even though she would like to catch up with some of her extended family.

"I would like to go home to PNG, I do miss my friends and family. It is a trip that I am planning for next year." ■

See more of Casey's art at penelopecasey.com.



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A DANGEROUS QUEST FOR PERFECT COFFEE

American Todd Carmichael
scours the world for the best coffee,
sometimes putting himself
in life-threatening situations.
Richard Andrews reports.



Todd Carmichael ... dubbed the 'Indiana Jones' of coffee.

Todd Carmichael, has faced gunmen in Mexico, crocodiles on the Amazon and vipers in southern India in his quest for the ultimate cup of coffee.

From Bolivia to Borneo, the American coffee magnate and philanthropist visits the world's most perilous and remote locations to find the best and rarest beans – a search he describes as “a treasure hunt for that one per cent”.

Dubbed the 'Indiana Jones of coffee,' Carmichael is both the CEO and product sourcer for La Colombe Torrefaction – a Philadelphia-based company that sells more than \$US50 million of high-end beans annually.

Carmichael also stars in the Travel Channel's documentary series, *Dangerous*

Grounds, which featured his search in PNG for a variety of the Blue Mountain coffee bean brought from Jamaica in the 1920s.

The search was in line with La Colombe's business principles to support local coffee communities rather than large industrial growers.

“My job is to find unique coffee, to find that new seed, new flavour. At the same time, we want to make sure our dollars do the most good,” says Carmichael. “And if you go down that route, it takes you to small farms, often in inaccessible places.”

Carmichael also prefers to source beans picked by hand as he says machine

harvesters can't recognise quality or distinguish between ripe and unripe fruit.

However, he openly admits that shopping 'off the grid' for specialty beans sometimes goes very wrong.

Carmichael had a lucky escape when his four-wheel-drive vehicle plunged off a cliff in Colombia, as well as a trip to Mexico when his local contact was found murdered in drug cartel territory.

Undeterred, Carmichael and his long-suffering cameraman, Hollywood, decided to strike out on their own. Shaky video shows they were nearly shot along the way by heavily armed farmers in Guerero, who mistook the pair for traffickers.

Spread-eagled with a gun to his head, ►



A dangerous quest for perfect coffee



“

Spread-eagled with a gun to his head, Carmichael convinced the Mexican gunmen he was after coffee, not cocaine.

”



From the source ... PNG coffee workers with the much-vaunted bean that Todd Carmichael ranks as among the world's best.

Carmichael convinced the Mexican gunmen he was after coffee, not cocaine. Satisfied, one farmer lent his pistol to the shaken American as a sign of goodwill, and encouraged him to fire off a few rounds at some imaginary narcos.

The 52-year-old entrepreneur is not that surprised by such incidents as he decided, early on, he wanted “a big life”. Carmichael ran his first ultra-marathon at the age of 20 and soon afterwards sailed solo across the Atlantic. In 2008, he set the world-record for the fastest unsupported trek on foot across the Antarctic to the South Pole.

Happily, Carmichael's 2012 visit to PNG was friendlier than some of his other expeditions, despite some gnarly roads east of Goroka and the usual apprehension about flying over mountains in bush aircraft.

His search for a reliable source of Blue Mountain beans ended in Iloko village, Morobe Province. “The village elders told me they had never seen anyone of my type before, let alone sold direct to one,” says Carmichael.

“They have the right combination of altitude,

rich volcanic soils and a community of people you can work with year after year. The village also has a coffee pulper, which is important when you need to remove the seeds from the plant within four hours of picking.

“But it all boils down to how good the bean tastes.”

And for the ultimate test, the whole village gathered around a campfire to watch Carmichael get down on the ground to grind, brew and taste their product, to see if it matched his expectations. “You did it for me!” he proclaimed to loud cheers, after the first sip and signed up the area's association of farmers to an export deal. “They're so proud of what they're doing,” he says.

Carmichael ranks Iloko's coffee, with its notes of grapes and cedar, among the world's “top five or even two”. La Colombe now markets the region's Blue Mountain variety under the Kunjin label.

However, he reminds fellow coffee lovers that enjoyment is a matter of personal taste and no single flavour excites everyone. “There's no

one-size-fits-all in the culinary world, or in coffee,” he says. “That's what makes it such a wonderful thing to work with.”

Similarly, you don't have to face down guns, plunge off cliffs or trek the PNG highlands with a portable espresso-maker to get a great cup of coffee. Carmichael says you can ‘geek out’ safely and simply at home with just a French Press.

Grind your favourite beans slightly coarser than table salt, pour them in the press and add hot water, using the ‘Golden Ratio’ of one gram of coffee to 17 grams of water. Wait four minutes, press the plunger slowly and serve immediately. You don't have to stir the mixture before plunging, he advises. “Coffee knows how to brew itself.”

Having dealt with gourmets and celebrity chefs around the world, does he agree with the purists who believe it's sacrilege to add milk and sugar to specialty coffee?

“No,” says Carmichael. “Because there's nothing religious about coffee.”

In his case, I'm not so sure. ➤



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A dangerous quest for perfect coffee



THE STORY OF COFFEE IN PNG

- Coffee was introduced to the colony of New Guinea by the German administration in the late 1800s. Coffee was also grown around that time in the Kokopo district of East New Britain Province by Queen Emma (Emma Coe) – a famous plantation owner of mixed American and Samoan descent.
- Coffee-thirsty Catholic missionaries planted Arabica coffee on Yule Island and Tapini area in 1885. A commercial coffee estate was established at Warirata outside Port Moresby in 1897. By 1901, coffee from this area was sent to Australia, fetching a price between four pence and 10 pence per pound. Other plantations sprang up in the 1920s and 30s, including Bougainville and Morobe.
- In the 1920s, seeds from the famed Blue Mountain region of Jamaica were brought to the Waghi Valley region in the Eastern Highlands, where they grow happily to this day.
- About 80 per cent of PNG coffee is grown by smallholder farmers in the Western Highlands and Eastern Highlands. As one of the world's most traded commodities, coffee is a leading PNG export, with Germany, the United States, Japan and Australia among the major markets. ■




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DOCTORS ON PATROL

A new program is taking health checks to people in remote areas along the Kokoda Track.

The man's hacking cough, everyone says, is the result of *sanguma* – black magic. But the electronic microscope, lugged for days along the Kokoda Track, tells a different story. The real culprit comes into focus as he peers into the viewfinder – a rectangular shaped tuberculosis *bacilli* stained red with dye.

In the past, the villager would have had to trek for 8–10 hours to the nearest health clinic to be tested for tuberculosis (TB), if he could be convinced to make the journey. He'd have to repeat the trip every few weeks to pick up medicine for his six-month course of treatment. His chances of finishing the course of drugs were about 70 per cent.

The Kokoda Initiative Development Program is pioneering a new approach to bringing health services to the people. The program is working with local, provincial and national health authorities and service providers to set up laboratories in the bush to test villagers for TB and HIV-AIDS. The Australian Government-funded patrols support district health providers to deliver childhood immunisations, antenatal checks and general health consultations.

Health officer Dinima Raga leads a joint health patrol through the Mount Koiari catchment with Kokoda Initiative, Seventh Day Adventist Health and



World Vision personnel. The 16 team members carry all their own equipment including food, microscopes, generators and fuel. They hike well off the Kokoda Track known to tourists, reaching isolated communities who rarely see visitors, much less government services.

The team members set up their equipment under trees or in old outdoor kitchens; their white lab coats a striking contrast with the deep green of the bush. They encourage villagers with TB symptoms to be tested. Many are illiterate, and most are superstitious. "Most of the time when we diagnose TB, they don't realise it's curable," Raga says. "They think it's caused by a sorcerer. They're really surprised when they see it's caused by a germ."

Raga's team diagnose eight new TB cases on their most recent patrol through 16 villages. Those who test positive are provided with medicine on the spot. But the real challenge is ensuring the sick complete their treatment. Failing to do so allows the disease to spread and encourages the development of drug-resistant strains.

The Kokoda Initiative and local health authorities have responded by coordinating a network of village health volunteers who monitor TB patients as they complete their full course of drugs. Treatment compliance has risen





PICTURES: ANNETTE COPPOLA, ROBERT WEBER, KAREN JAVATI

A dose of medicine ... health workers in the field along the Kokoda Track.

“

The team members set up their equipment under trees or in old outdoor kitchens; their white lab coats a striking contrast with the deep green of the bush.

”

to more than 90 per cent since the system was introduced. “We are diagnosing them and putting them on the treatment at the same time,” Raga says. “We have 14 village health volunteers who are supporting them.”

The Mount Koiari patrols are part of a major sweep through 130 villages along the mountainous corridor from Sogeri to Popondetta.

The patrols also conduct 3200 general health checks, more than 1500 childhood immunisations and 83 antenatal checks. Family planning advice is provided to more than 120 women. They’re the sorts of services that many on the track would ordinarily do without.

Villagers perform traditional welcomes when the team arrives, and give up their beds so the visitors can sleep more comfortably. Taiya Herepe, from Efiri, in the Sogeri catchment, says it’s a measure of their gratitude. They know TB is a killer. “Most people don’t bother to go get checked until they see that their sickness is getting worse,” he says. “By then it’s too late. A lot of people here have already died of these diseases.”

Hiri District disease control coordinator Marea Beremu says the patrol is the first of its kind for the region. “The turnout of the people in each village is very good. People leave their gardens and other daily chores to attend the clinics and get tested,” he says.

Kokoda Initiative health specialist Annette Coppola says the patrols are part of a new cooperative approach involving frontline providers like World Vision and Seventh Day Adventist Health, together with district and provincial health authorities. “The challenges posed by TB called for a completely new approach,” Ms Coppola says. “Without these partnerships, we wouldn’t have been able to pull this off.”

The task now is to maintain treatment compliance, and detect new TB cases on subsequent patrols. The Kokoda Initiative also hopes to work with trekking companies to increase TB awareness among the guiding workforce.

Department of Health TB program manager Dr Paul Aia says Papua New Guineans can access the best available TB drugs at no charge.

“If people take their medications faithfully and complete their treatment they will be cured, and it will reduce the transmission of the disease. One positive case will infect 10 other people.”

The Kokoda Initiative Development Program is a partnership of the governments of Australia and PNG to improve health, education and sanitation along the 100-kilometre Kokoda Track. ■





Law and order

Kevin McQuillan talks to Port Moresby-born Judah Gabut, who tried to avoid the law but now recognises it as his lifeblood.

“Initially, I was trying to avoid the law at all costs,” says 35-year-old Brisbane-based corporate lawyer, Judah Gabut.

“My father was a lawyer and many of my relatives are lawyers, so originally I was thinking about doing something different.

“My father suggested I put law as an option when I was applying for uni, so it was at his prompting. And then I got accepted. As the course went on, it became interesting and I began realising why others became interested in law.”

Lawyer and father, Joseph, is now a consultant in the petroleum industry, after a career in the

public service, including as a diplomat to the European Union, and then as secretary of the Department of Petroleum and Energy.

“It was always very interesting watching him at work, growing up and being exposed to the government system and foreign affairs and petroleum. I guess it was logical and a matter of time that I went into law and, really, I haven’t looked back. It’s in my blood I guess.”

Gabut was born in Port Moresby, although his parents are from East Sepik Province. After attending the Port Moresby International High School, he won an AusAid scholarship at Marist

College in Brisbane for his senior high school, years before being accepted by Queensland University of Technology in Brisbane. He has a double degree in law and business (banking and finance) and postgraduate diploma in legal practice, and is admitted to practice law in the PNG courts and the Supreme Court of Queensland.

Gabut’s first job was as a lawyer in the Brisbane office of Gadens lawyers, as a member of the projects and finance team, mainly working on lending documentation for banks and retail shop leases for property developments.



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Five years ago, he moved to Talisman Energy as corporate lawyer. Talisman was bought out in 2015 by the Spanish energy giant, Repsol, at a time when global energy players saw the success of the PNG LNG plant and sought a piece of the developing PNG energy sector.

"The role is primarily advising on any legal issue that may arise, but also involves commercial, government and general advice, so it can be quite broad, which keeps things interesting and allows me to keep learning." "The journey has evolved to my role progressing to more strategic thinking for the business.

"I'm very fortunate that a lot of my work is in PNG. Predominantly all our operations are in PNG and so I help out with other general activities, from translations to advising on cultural issues.

"I am involved in petroleum law, and deal with the Oil and Gas Act and related laws." ➤

Judah Gabut ... won a college scholarship and then qualified with a double degree in law and business.



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Law and order

“

It was painful at first – falling off, learning how to balance, but it was fresh, cold – something totally different. I can see why everybody loves skiing.

”

Gabut’s spare-time activities include snowboarding. A Swedish housemate from university persuaded him to join him on trip to Jasper in Alberta, Canada: “In fact, he loaned me the money for the trip to get me to go”.

“I loved it,” he says, “even though it was 20 degrees below zero.

“It was painful at first – falling off, learning how to balance, but it was fresh, cold – something totally different. I can see why everybody loves skiing.

“The next time I went to Lake Tahoe in the United States, and now I go annually to Queenstown in New Zealand.”

Food is another interest.

“I enjoy getting back home for some beloved sago in PNG. In Brisbane, it’s Japanese or an Indian curry. My favourite restaurant in Brisbane is Sake and its sashimi, although a good steak never goes astray.”

An annual visitor to Port Moresby and to Wewak, Gabut says it’s work that will determine if and when he returns permanently to PNG. ■

On board ... Judah Gabut takes time out in the snow when he’s not buried in law books.



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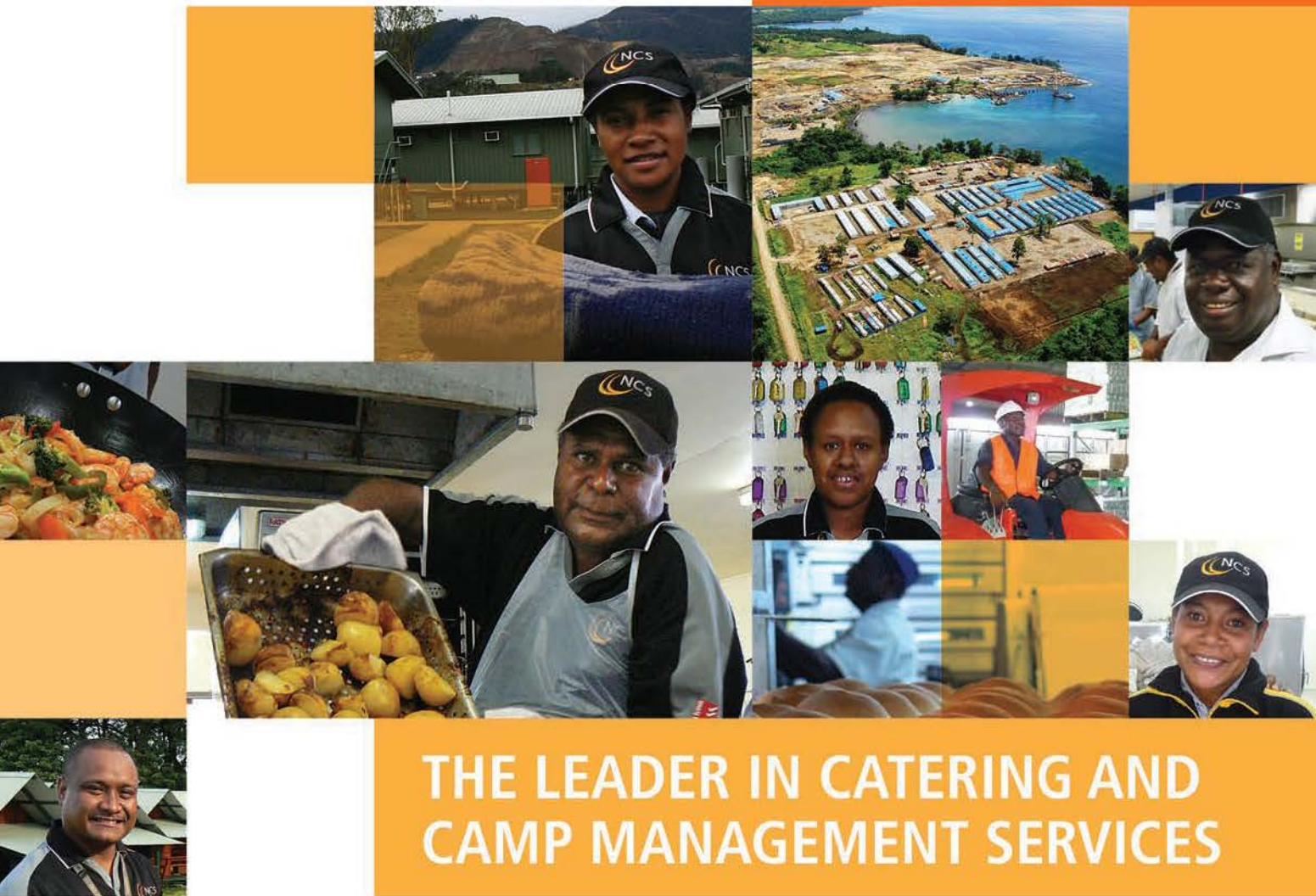
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The village with a green thumb

***Siva Kima* reports on a remote community in the foothills of the Eastern Highlands that has embraced conservation and is now reaping the benefits.**



“

The villagers own 20 square kilometres of virgin rainforest, which has bubbling streams and teems with fauna and flora.

”



In the foothills ... clean streams (left) and Hogave village (above).

The picturesque village of Hogave is about 60 kilometres from Goroka in the foothills of the 3637-metre Mount Michael, the highest peak in the Eastern Highlands Province and the fifth highest in Papua New Guinea.

Despite its isolation, Hogave is accessible by a three-hour drive from Goroka.

As a remote highlands community, the Hogave villagers' daily activities revolve around a subsistence lifestyle, but with a difference.

The villagers own 20 square kilometres of virgin rainforest, which has bubbling streams and teems with fauna and flora that has attracted many biologists and scientists over the years.

The founder and director of this Hogave conservation area, David Kima, was concerned

in the 1980s that the environment around the village was under serious threat due to the growing population whose subsistence activities were putting pressure on the habitat.

The potential for commercial logging and mineral exploration was also real. Motivated by these concerns, he encouraged his extended family and villagers to work towards conserving the forest.

The benefits of conservation – such as clean drinking water, soil stability and wildlife protection – were explained to the villagers.

“It was not easy to convince the people that conservation is important,” Kima says.

“However, years of raising awareness about conservation have resulted in acceptance of a policy of environmental care. After many meetings, the people understood the issues

and decided to take action. In fact, it took more than a decade for them to finally commit themselves to conservation of their forest and its wildlife.”

After realising the importance of conservation, the initiative began as the chief and elders of Hogave entered into a memorandum of understanding in 1990 to conserve their inheritance. The villagers then adopted practices such as only cutting trees selectively and sparingly, gardening in the valley or in secondary-growth areas, and prohibiting the hunting of forest creatures.

Later on, they also took on reforestation by planting hundreds of trees in secondary-growth areas. They also discourage littering and destruction of the natural environment by imposing fines for offenders. ➤



The village with a green thumb

A biological survey in the conservation area by the Department of Conservation and Environment in 1989 recorded 32 bird species. In 2009, a scientific report by the PNG Institute of Biological Research further identified the presence of many birds of interest, including the superb bird of paradise and the black sicklebill.

A guesthouse has been built in the conservation area to provide accommodation for researchers and environmentalists. This area is also great for bird watching.

Hogave villagers have benefited from 4.5-kilometre water supply system that has been developed as part of the conservation effort. The system provides clean water throughout the entire village of 800 people, and a similar project has been completed for the neighboring Beha village.

Other projects flowing from the conservation initiative include publication of a handbook on caring for the environment, donations to the community elementary school, health



A sign of the times ... conservation has been embraced by Hogave village in the Eastern Highlands.

education and the reviving of a traditional salt-making custom.

Recently, a mini-hydroelectric power plant has been completed with the help of the Hans

Wilsdorf Foundation of Switzerland that recognised the efforts of the community in its battle against global warming and greenhouse effects.

The power plant provides improves the standard of living and encourages villagers to build permanent dwellings. It will also serve to decrease rural urban drift.

The mini-hydro produces 20 kilowatts of electricity and was constructed using one of the fast-flowing rivers near Netuafi Falls. The feat was achieved with assistance from Cross-Hands Australia and enthusiastic young men from the community, who carried heavy equipment and materials through rough terrain.

Kima believes there is an opportunity to extend the conservation area.

“The total forest area around Mount Michael is more than 100 square kilometres, and it is hoped that other tribes and clans who have ownership rights to the forest will join in the efforts to conserve their heritage.” ■

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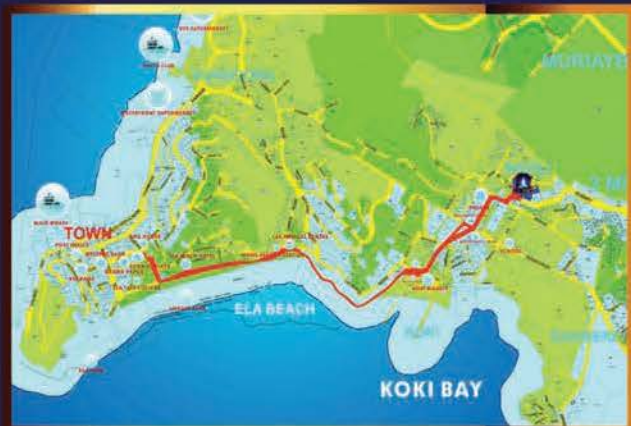
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GUT RUNNING

Jeff Turnbull reports on some of the toughest races around, from a marathon at the Great Wall of China to an ironman event in Cairns, Australia, and a mountain run in Vietnam.

If you're hunting around for an endurance event in which to compete, you're in luck. There are thousands of them, from fun runs through to marathons.

These events, which test fitness and strength of mind, are scattered around the world in the most unlikely of places, including the Asia-Pacific region.

And many of them use some of the money raised through entry fees to give a hand to charities in their region, while just your presence at the event helps the local economies.

Here are six races for the brave.

GREAT WALL OF CHINA MARATHON CHINA, MAY 21

This classic race, first run in 1999, begins appropriately in Yin and Yang Square in Beijing.

It's the perfect place to ponder what you are about to do – to attempt to conquer 5164 stone steps along a full marathon.

It is held in the Tianjin section of the wall in temperatures hovering around 30 degrees Celsius.

There are steep ascents and descents along the way, with runners encountering the Great Wall twice.

The race also includes a half marathon and shorter distances for the fun runners. Full-marathon entrants are given eight hours to complete the race or be slotted the dreaded DNF (did not finish).

great-wall-marathon.com

TENZING HILLARY EVEREST MARATHON NEPAL, MAY 29

As if running 42.2 kilometres is not enough, runners have to combat altitude sickness in the highest marathon in the world, as well as taking on the arduous trek to base camp at 5352 metres above sea level, where the race starts.

It is held every May 29 to commemorate the first successful ascent of Mount Everest by Sir Edmund Hillary and Tenzing Norgay in 1953.

All runners have to be in Nepal three weeks before the race to acclimatise to the high altitude,

which takes in the 14-day trek to the starting point.

This one is really for the die-hards and is also expensive, with entry fee and lodge accommodation topping \$US5000.

Last year's winner, Nepali Bhim Gurung, completed the rough terrain course in 4h1m54s with the first-placed woman, Ang Dami Sherpa, also of Nepal, doing it in 6h5m43s.

everestmarathon.com

VIETNAM MOUNTAIN MARATHON VIETNAM, SEPTEMBER 24

This race is over four distances – 70 kilometres, marathon, half marathon and 10 kilometres – in the hills of north Vietnam, around the town of Sapa. Last year the event attracted 1000 runners from 45 nations and raised just over \$US9000 for surgery for children born with cleft palates in the mountainous district.

Organisers warn the longer distances are not suitable for novices, with elevations at 1500

metres while covering dirt trails, fording streams and negotiating steep inclines. Last year it rained, so that increased the level of difficulty.

While aid stations providing water and fruit are positioned every 10 to 15 kilometres, the ultra-marathon runners are advised to carry their own water and energy bars.

For the partners of entrants who aren't running, there are villages, markets, cafes and water buffalo rides to keep you occupied while your loved one is battling the elements.

website to come

IRONMAN CAIRNS AUSTRALIA, JUNE 12

If you have to be tortured in your chosen sport then here is the place to do it – beautiful Cairns and Port Douglas.

The 180-kilometre bike leg travels along the spectacular coastal Captain Cook Highway to Port





Douglas with the Coral Sea and the Great Barrier Reef on your right shoulder as you head north and heritage-protected rainforest on your left.

The race starts with the 3.8-kilometre swim at the beach resort of Palm Cove, 30 kilometres north of Cairns, so a lot of runners like to spend the pre-race evening there.

The event has been embraced by the people of Cairns and runners can be sure of a warm welcome and support.

In this tropical paradise there are plenty of post-race events on offer, including bungee jumping or a less hectic way to wind down – snorkelling among the coral, turtles and fish off Green Island, a 45-minute ferry trip from Cairns.

ap.ironman.com

BALI MARATHON INDONESIA, AUGUST 28

You can tackle 42, 21 or 10 kilometres in this event.

Because of its popularity since the inaugural race in 2012, the

event is limited to 5000, which includes 1500 opting for the 10-kilometre race.

It is held in the streets of the Gianyar district, with the start at the Bali Safari and Marine Park.

Money raised from the race goes to the developing communities in Bali and to improve the health and education of the people of the host city.

balimarathon.com

RODNEY COAST **CHALLENGE**

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OCTOBER 2

This is a multi-sport event held in New Zealand's North Island annually and consists of a 10-kilometre forest run, 30-kilometre road cycle, 25-kilometre mountain bike ride, eight-kilometre kayak and a 100-metre sprint to the finish line.

It can take around 3h15m for the elite athletes, with the rest of us filing in over a six-hour period.

Adding to its hometown appeal, the money raised goes to a local scouting group. ■

rcc.org.nz





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Going light

Tim Richards reveals the secrets of travelling around the world with only hand luggage.

Are you up for a travel challenge? Here it is: could you travel anywhere in the world, taking only cabin luggage with you? It may sound impossible, but it isn't. For years, I've been honing my approach to packing light, to the point where I only ever take a single bag.

The upside? I zip through airports, often bypassing the check-in desks entirely if the airline offers mobile check-in. When I leave the flight at the end of the trip, I can walk straight out of the airport without visiting those slow-turning baggage carousels.

Most people prefer small-wheeled cases as cabin luggage, though I favour a backpack myself – there's no unnecessary extra weight added by wheels, and it's easier to navigate through a crowded space. With either type of luggage, though, travelling light is achievable.

So what goes in?

My core packing is governed by what I call 'The Rule of Three' – I always pack three shirts (one with a collar), three pairs of underwear and three pairs of socks. To this I add two pairs of trousers: one formal, one informal. On my feet I wear a pair of black boots, suitable for all occasions, and I carry a jacket over my arm. ►



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Going light

“

I always pack three shirts (one with a collar), three pairs of underwear and three pairs of socks.

”

This core list can be, of course, adapted for a specific destination. It's not for everyone, this light packing life. If you're going on a long trip, it requires a lot of planning, iron willpower when packing, and a commitment to doing laundry along the way.

However, it's easy for a short trip. Here are my suggestions for how to pack light in three different scenarios.

1. A RESORT HOLIDAY IN PNG, FIJI OR VANUATU

This is a simple task, due to these Pacific countries' warm climates.

My core packing can be altered somewhat, in acknowledgement of the welcoming island warmth and the highly casual nature of a resort.

Three shirts still makes sense, though all short-sleeved. The single pair of casual trousers can be accompanied by a pair of shorts. Instead of boots, I'll wear a comfortable pair of lightweight sneakers. And in the luggage will go a pair of thongs (flip-flops).

Aside from the usual toiletries, what else is needed? Bathers, of course, for dips in the pool or sea. Sunblock would make sense, and perhaps a hat to guard against the sun – I own a foldable broad-brimmed number from the Australian company Barmah Hats, which can be easily packed within its own pouch.

Since this trip is about relaxation, I'll take my iPad loaded with TV shows, movies and books; and a lightweight pair of folding headphones.

I probably won't need a jacket at all, but I'll include a fleece jacket for possible use in air-conditioned rooms or on the plane.

2. A BUSINESS MEETING IN SINGAPORE

Last year I caught a luxury train, the Eastern & Oriental Express, all the way from Bangkok to Singapore. A wonderful experience, but there was a catch – gentlemen had to dress formally for dinner. ➤



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Going light



The author Tim Richards ... only takes hand luggage, whether it's to PNG or the depths of a European winter.

As I also had business meetings lined up in Singapore, it made sense to kill two birds with one stone by taking my charcoal grey lounge suit and a couple of ties.

Could I do so, and still carry only cabin luggage? Of course!

The easiest solution is the most obvious one – wear the suit aboard the flight, so you don't have to worry about how to pack it in such a tight space. I have done that before, but in this case I wanted to dress for comfort. So I packed the suit, carefully including the jacket among my clothing with the minimum number of folds.

You could carry the suit in a garment bag, but that's really too much hassle. Any good hotel in Singapore will press the jacket for you in order to restore it to sleekness, and in fact there was a steward aboard my train carriage who could provide the same service.

As for the rest of the Singapore packing, it would follow the same lines as for a Pacific resort. Short-sleeved shirts, shorts, sunblock and thongs. I've always been able to get away with my black boots while wearing the suit, but they could be substituted for a comfortable pair of black shoes that could also be worn casually.

3. WINTER IN EUROPE

On the face of it, this is tricky. Cold winter temperatures will mean taking bulkier clothing, right?

Well, yes, but note that 'taking' is not the same as 'packing'. When I travelled to Poland in winter to research a guidebook update, it was minus 5 degrees Celsius across a country covered with snow.

However, I still took my one cabin luggage-sized bag. Over my arm was draped a warm padded winter jacket, and in my luggage was a pair of lightweight thermal underwear and thick socks.

In less-extreme winter environs, say southern Europe, I can get away with the following outfit for chilly days: my casual jacket worn over a fleece jacket, with a snug woolly hat in one pocket and a woollen scarf in the other. This ensemble can be carried separately from one's cabin bag.

Other than these additional outer layers, my packing on these occasions follows the standard 'Rule of Three'. And of course there's no need for thongs, sunblock and the broad-brimmed hat in cooler weather.

I still usually take bathers, as I might stay at a hotel with an indoor heated pool. And if I hire an apartment with a washing machine, I can wear the bathers while everything else in my backpack gets laundered.

CONCLUSION

So that's my rough guide to packing light wherever you go. And if you get blindsided somewhere by unusual weather, remember – you can always buy more clothing on the spot, rather than lugging it around 'just in case'.

If there's too much to pack for the flight home, donate it to a charity bin. I did that once in Chile, upon returning from a glacier cruise in the south. That puffy second-hand jacket had been useful in the frozen zone – but I felt so much lighter without it. ■





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BY NINA KARNIKOWSKI

In the bag



Robotic suitcase

Fitted with a camera sensor and Bluetooth technology, this piece of hard-shelled carry-on luggage, created by Israeli company NUA Robotics, can trundle alongside its owner once turned on by the accompanying app, just like a loyal puppy. Using a 'proximity detection' feature, it promises to move at your pace and avoid obstacles, and includes an anti-theft alarm and the ability to charge your devices. It's currently at a prototype stage, but NUA says it will be available early next year. unbouncepages.com/nuarobotics.



Piggy-back bags

Briggs and Riley's super-light rolling Explore Domestic Upright suitcases are chic yet sporty, clip together, and include lots of pockets and compartments to keep you organised on the road. Crafted from nylon and polyester, they're water-resistant, and you can most likely swing on their aircraft-grade aluminum handles without breaking them. But the best part has to be

the interior compression system, where you can use pull straps to cram as much in as possible. *About PGK1180; briggs-riley.com.*



Tough duffel

North Face's Base Camp Duffel is made from a durable laminate material and will equally withstand being shoved around in-flight, or being carried up a mountain on the back of a horse. It has comfortable redesigned straps, and an internal mesh pocket that makes it easy to pack. There are grab loops on the exterior, which basically means you can easily tie things onto it. Comes in five different volume options, and lots of colours. *From about PGK282; thenorthface.com.*



Dry pack

Extremely versatile, with a unique double-zipper design for top and side access, Patagonia's good-looking Black Hole pack will fit in everywhere, from hotels rooms, to planes and trains, to mountain peaks. The pack is made from polyester with TPU film laminate and DWR finish, which basically means it keeps your things dry. It opens completely, making packing

and unpacking simple. *Available in blue and black. About PGK372; patagonia.com.*



Manoeuvrable hard shell

It's lightweight, impact resistant, weatherproof and strong, but the best part about the hard-shelled Caribe Concourse luggage series is the flip out front pocket, which gives easy access to a padded tablet sleeve lined with canary yellow to put a bit of sunshine into your travel day. With an internal compression system, 360-degree four-wheel design and TSA locking system, it's as easy to manoeuvre as it is hard to break into. *About PGK656 for set of 48-centimetre carry-on and 68-centimetre checked cases; caribee.com.*



Expandable and good looking

You want this bag by your side for your next overnight business trip or weekend adventure, trust us. TUMI's Alpha Bravo 31 Henderson expandable packing case uses interior dividers so you can organise daily outfits. The four 360-degree swivel wheels make it easy to push around, and its funky camouflage print with orange lining and details mean you'll want to be seen doing just that. *About PGK2661; tumi.com.*



Collapsible luggage

Had enough of finding a space to stuff your suitcase in when you get home from a trip? Well, luggage brand Néit has created the world's first collapsible fully hard-shelled suitcase, coming soon thanks to a Kickstarter campaign. The design, crafted from polycarbonate and aluminium, and based on the armadillo's protective shell, folds down so you can store it under your bed or couch, or even in your cupboard thanks to the in-built hanger. Comes with optional GPS that links to the accompanying travel app, which lets you find your case, store boarding passes, book flights and hotels, check flight status and find fun things to do at your destination. *About PGK665; neit.life.*



Vintage glamour

It would be pretty hard not to fall for StreamLine Luggage's elegant Diplomat leather travel case, which looks like something from the 1920s, yet has all the functions and durability of a great modern bag. The brand says it "merges vintage glamour with modern luxuries", with features like discreet silent wheels, an adjustable trolley handle, TSA-approved locks and a nylon rain cover. Comes in carry-on and vanity-case sizes. *About PGK2357; streamlineluggage.com.*



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Gadgets and travel accessories

Jacket converts into bag

A stylish travel jacket that converts into a satchel? Anywhere Apparel's Men's Stowaway Jacket just might be the ultimate luxury for the light traveller. The jacket was entirely funded by a Kickstarter campaign and no wonder: it really will help you go anywhere, any time with its interior stow pockets, underarm ventilation sections and a carabiner on the cuff so you can clip the sleeves up to create the satchel. *About PGK1970; anywhereapparel.com.*



Card-sized charger

It's the moment we all dread: you're about to walk into a meeting, all your important notes are on your phone, but your battery indicator is just a red sliver. Never fear, the LinearFlux LithiumCard PRO is here. Just pull the credit card-sized charger out of your wallet and plug it into your phone for some extra juice (15 watts, to be exact). Works for iPhone and Android, and includes a flip-out USB for other electronics like mobile speakers. Comes in titanium, silver and gold. *About PGK122; linearflux.com.*



Travel speaker

The cute Lyrix Jive water resistant Bluetooth speaker fits in the palm of your hand and easily tucks into your briefcase, so you can take your tunes with you anywhere. It wirelessly streams music from your device from up to 10 metres, and its water-resistant silicone casing means you can take it with you to the pool or beach, or your next boating adventure. It also has hands-free calling capabilities so you can take your conference calls on the road. Comes in black and a variety of candy colours. *About PGK45; amazon.com.*

Travel baby monitor

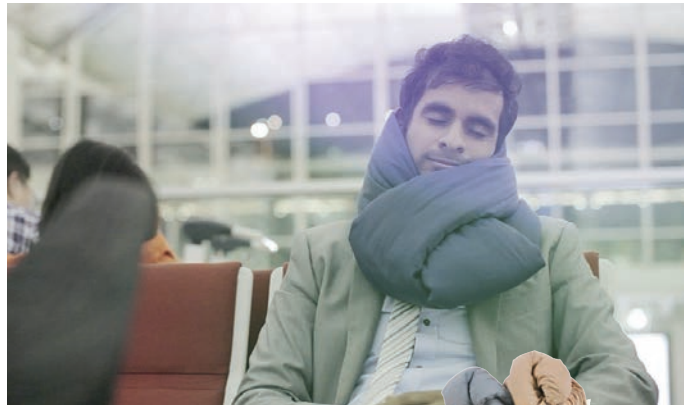
If you're despairing about an upcoming trip with the little ones, don't. Taking the Yada Tiny Traveller, a nine-centimetre baby monitor, along with you means you can keep your eyes on the road: just fasten the camera to the back seat and the monitor to the windshield and you won't miss a thing in either direction. Comes with camera, night vision and two mounts. *About PGK304; yadastore.com.*





Encrypted flash drive

Protect your data on the road with Toshiba's encrypted USB flash drive. You can't access the stored information unless you have the secure PIN, which you enter on the mini keyboard. Once you've finished your work and pulled the drive out of your computer, it automatically re-locks and encrypts the stored media, keeping it safe from sticky fingers. Comes in four, eight, 16 and 32GB. *About PGK486 for 32GB; us.toshiba.com.*



Infinity pillow

En-route napping options are endless with Huzi Design's Infinity Pillow. Crafted from bamboo fabric to enhance circulation and 3M Thinsulation to maintain temperature, it's the ideal solution for a good snooze on your next flight or layover. The snake-like pillow can be twisted around your head to cut out light, or can fold over itself when you need extra padding. Hypo-allergenic, anti-bacterial and machine washable, it's also available in a selection of colours including red, navy and grey. *About PGK180; huzidesign.com.*



Foldable water bottle

The one litre Platypus Plus Bottle stores a litre of water when filled, yet rolls into a package that weighs only 30 grams and is the size of an empty toilet paper tube when empty, so you can take it with you no matter where you're adventuring in the world. Made from a soft yet durable triple-layer laminate and comes with a lifetime warranty. *About PGK52; amazon.com.*



Collar iron

Wrinkled collars begone with Collar Perfect, a compact, lightweight travel iron that clamps to your clothes so you can get into those small spaces like between buttons and around pockets, and look sharp wherever you are in the world. *About PGK106; collarperfect.com.*



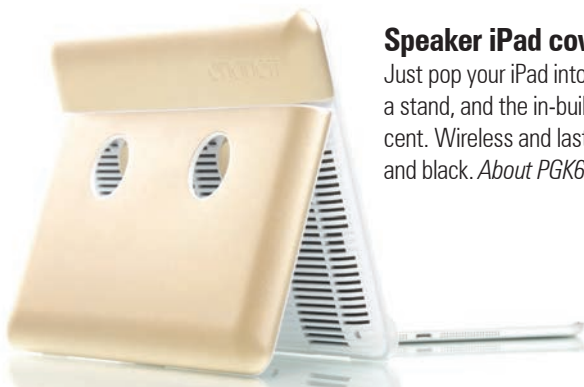
Healthy travel toothbrush

An essential for your carry-on next time you fly, now that studies have found the average toothbrush contains more than 10 million bacteria, the Nano-b toothbrush uses gold and silver particles in the bristles to break down bacteria growth, while bamboo charcoal particles naturally clean and absorb stains from your teeth. The brush has a two-tier bristle structure that, in effect, combines flossing with brushing, while the rounded bristles offer protection for sensitive teeth and gums. Each brush also comes with its own tubular travel case. *About PGK35; nano-b.com.*



Waterproof backpack

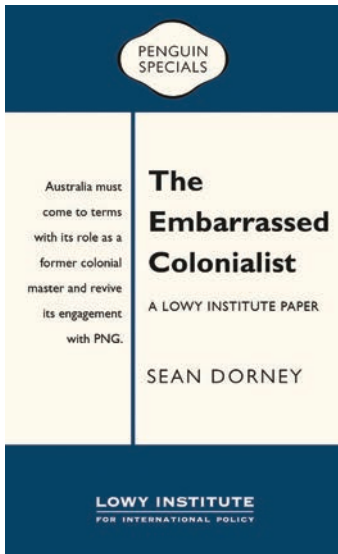
If you spend time in the rain, you'll love the OGIO All Elements Pack. The easy to carry pack uses ultra-comfortable backpack straps and an adjustable sternum strap, plus a durable, waterproof construction with a roll top to keep your gear dry. It also uses a removable liner for electronics and two zippered pockets for storing devices, making it perfect for outdoor sports enthusiasts. Comes in plain grey, a 'mossy oak' forest print and 'rock & roll' red and grey graphic print. *About PGK395; ogio.com.*



Speaker iPad cover

Just pop your iPad into this thin, lightweight cover, that also functions as a stand, and the in-built speakers will amplify the volume by up to 400 per cent. Wireless and lasts up to 15 hours once charged; comes in gold, silver and black. *About PGK604; onanoff.com.*





***The Embarrassed Colonialist* (Penguin Specials) by Sean Dorney**

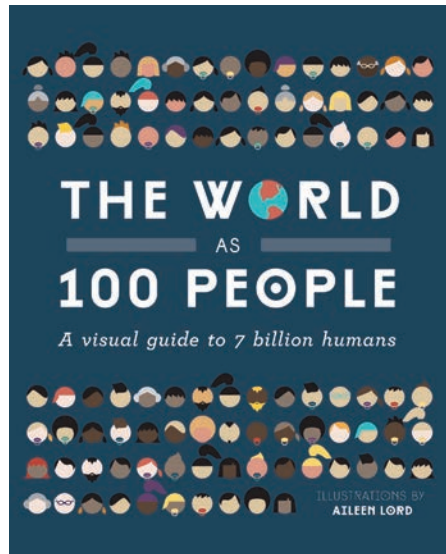
Journalist Sean Dorney covered the Pacific for the Australian Broadcasting Corporation for 40 years. Papua New Guinea had not gained its independence from Australia when he arrived in Port Moresby in early 1974.

In this highly readable book, Dorney examines PNG's weaknesses and strengths since independence in 1975 and suggests that, for moral and practical reasons, Australia needs to reconnect with PNG, that it is time for Australia to shed the embarrassment about the colonial past and to embrace the relationship with its nearest neighbour.

The reasons for this, according to Dorney, are obvious enough: 40 years after independence PNG may be the largest single recipient of aid from Australia, yet Australians seem to be largely ambivalent about the country.

Dorney posits that Australia needs to acknowledge its colonial past in order to move to a deeper level of engagement with the PNG of today.

Dorney has lived in PNG, on and off, for years. He married a local and in the 70s also played half-back and captained the national rugby league team, the Kumuls.



***The World As 100 People* (Simon & Schuster), by Aileen Lord**

This book explores a massive yet brilliantly simple idea. What would the world look like if the seven billion people on this planet were presented as a single village of 100 individuals?

The challenge – beyond testing the veracity of the research – produces fascinating, sometimes disconcerting, results.

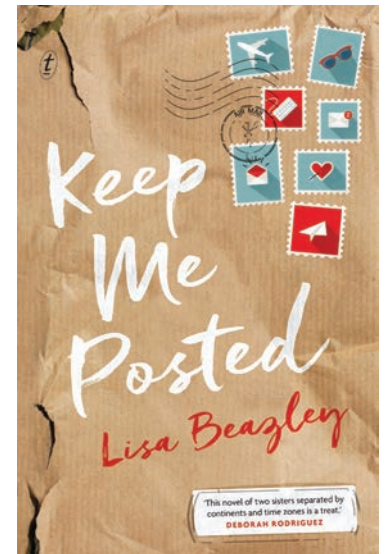
While the question has been around for some time, artist and designer Aileen Lord's illustrations and graphics might offer powerful beauty to a sobering subject.

The World as 100 People suggests that 61 people are Asian, 15 African, 10 come from Europe and 14 are from the Americas. Of the 51 people that live in cities, 36 lack basic access to sanitation. While 21 people are overweight, 15 are undernourished and one is starving.

The book also finds that less than half have regular access to the internet and that 48 people live on less than \$US2 per day. A less surprising summation in the book is this: one person owns 48 per cent of all the world's wealth.

Lord's first illustrated work enlightens not only statistics, but subjects including demography, education, technology and health.

This is a book that may make you think a little differently about the world's population.



***Keep Me Posted* (The Text Publishing Co) by Lisa Beazley**

Singapore-based author Lisa Beazley's first novel knots the lives of two sisters who live oceans apart – one in New York City, the other in Singapore.

Sid lives a leisurely and privileged expat-life in Singapore. Cassie's the harried one (no prizes for guessing where she lives).

Inspired by their grandparents' letters, they challenge themselves to a year of antediluvian letter writing.

They hope their social experiment will bring them closer together and, initially, it exceeds both of their expectations. Their correspondence has real effects and might even help save Cassie's marriage.

Yet, the letters change their lives in unexpected ways when Cassie makes a foolish mistake that may expose their secrets to the world and ruin everything.

Keep Me Posted has been described as a humorous and thought-provoking look at modern marriage, family and social media.





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A Perfect Day

Academy Award winners Benicio del Toro (pictured) and Tim Robbins and French actress Olga Kurylenko (the Bond girl in *Quantum of Solace*) star in this black comedy that sets out to expose the absurdity of war.

Del Toro is often described as a film buff's favourite for his regularly memorable performances, yet this Spanish-made film might be memorable for the collective effort of going beyond the typical shoot-'em-up-until-a-hero-emerges war genre.

Set in the Balkans in 1995, a body has been thrown into a well to contaminate and cut off the water supply to the local population. To recover the body, given the war, might be an impossible mission.

Yet a group of aid workers takes on this looming humanitarian crisis, though before they get even close to the well they must outsmart UN bureaucrats, various war machines, a particularly angry dog, and local criminals.

The aid workers are forced into their own battles inside the war, where the human side of them and what they set out to do plays out: humour, drama, tenderness, routine, danger and hope: it all fits into a perfect day.



Alice Through the Looking Glass

Disney's sequel to *Alice in Wonderland*, is based on the book *Through the Looking Glass*, which, along with the revered *Alice in Wonderland*, was written by Lewis Carroll.

High-profile producer Tim Burton leads a high-profile cast of actors, including Johnny Depp (pictured), Helena Bonham Carter, Anne Hathaway, Stephen Fry, Sacha Baron Cohen and Mia Wasikowska, who plays Alice, into this adventure-fantasy world that even Lewis' fertile imagination may have had quite a time conjuring.

The basic premise: Alice returns to the whimsical world of Wonderland and travels back in time to save the Mad Hatter. Some people might consider that saving the Hatter may only be a matter of time – but not if the notion of time has been reconfigured.

Alice Through the Looking Glass features the final film performance from Alan Rickman. The acting legend died in January and in this film his deeply recognisable and memorable voice gives life to the character of the Blue Caterpillar.



The Conjuring 2

Ed and Lorraine Warren were real-life paranormal investigators. This film and the original *Conjuring* are reportedly based on true stories.

In *Conjuring 2* Lorraine (played again by Vera Farmiga, who starred opposite George Clooney in *Up in the Air*) and Ed (played by Patrick Wilson, who also reprises his role from the first movie) travel to Enfield, London, in 1977 to help a mother and her four children rid their home of devilish spirits.

The children claim their beds shake in the night, a chest of drawers moves in the dark and pieces of Lego fly through the air. At first, mum believes her kids have brewed some stories but this becomes a case about haunted children rather than an Amityville-like home.

Indeed, a poltergeist may have taken quite the fancy to 11-year-old Janet, played by Madison Wolfe (pictured). Enter Ed and Lorraine, who try and conjure an explanation for what is going on in Enfield. Fans of horror and the original *Conjuring* will be expecting plenty of scares.

Port Moresby's Paradise Cinema screens many of our reviewed movies. For screening dates and session times see paradisecinemaspng.com.





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STRICTLY BUSINESS

from www.businessadvantagepng.com



A fresh harvest from the sea

A four-year, PGK3.6 million project has started to map out how to revive PNG's dormant sea cucumber industry. Kevin McQuillan reports.

Fishing industry insiders believe that a ban on gathering and selling *beche-de-mer*, or sea cucumbers, may be lifted in the near future.

The PNG Government introduced the moratorium in 2009 because of over-fishing.

"Stocks have recovered quite well so that the moratorium may be lifted at some stage, but what we want to avoid is a repeat of what happened in the past, and avoid overfishing," says project leader Paul Southgate, the University of the Sunshine Coast's professor of sustainable tropical agriculture in Queensland, Australia.

The project is being funded by the Australian Centre for International Agricultural Research (ACIAR) and will be based at the PNG National Fisheries Authority's mariculture research facility in Kavieng.

The facility is a former Japanese-owned tuna processing plant.

Southgate says locals and National Fisheries Authority staff will be trained in sustainably culturing marine species for potential export to Australian and Asian markets.

"Sea cucumbers are quite strange-looking animals, but they are in high demand in south-east Asia



Around the traps ... sea cucumbers being harvested at Kavieng (this page and opposite page); university professor Paul Southgate (right).



for their perceived medicinal properties,” says Southgate.

“Prices for the highest grade, and those species most in demand, are around the \$A250 to \$A400 (PGK530 to PGK850) a kilo mark. But, in Hong Kong, prices can range from \$US115 to \$US640 per kilogram (PGK349 to PGK1940).

“So there’s a lot of demand and huge opportunity. The question is where supply comes from.”

“

Sea cucumbers are quite strange-looking animals, but they are in high demand in south-east Asia for their perceived medicinal properties.

”

Mariculture provides an opportunity for a more regular supply of product, says Southgate. “Constant and routine supply, rather than a boom-and-bust type situation, which characterises sea cucumber fisheries,” he says.

“We are using pens to culture juvenile sea cucumbers at this research stage. But, as the industry develops, we may progress to ranching: basically, producing the animals in a hatchery and then releasing the juveniles into good sites or areas which we know suit growth and development.

“The research will look at how we can identify aquaculture animals so they can be differentiated from wild collected sea cucumbers.

“Anecdotally, wild sea cucumbers are reputed to have greater quality but it’s hard to know where that information comes from because very few people have actually aquacultured them and grown them to market size. Our research indicates that cultured sea cucumbers have very similar qualities to those collected from the wild.”

The project will map those parts of the PNG coastline that are suitable for sea ➤

The stories in our ‘Strictly Business’ section were first published in PNG’s online business magazine, businessadvantagepng.com and are re-published by arrangement with Business Advantage International.



A fresh harvest from the sea



Helping hands ... Kavieng kids show off the sea cucumbers.



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cucumber culture, sites which are less suitable and sites which are unsuitable. It will estimate potential production values for each of those areas.

The project will also look at how to market *beche-de-mer*, from packaging through to labelling, which will probably promote the product as coming from a sustainable farming regimen.

Initial research has shown that the potential income from sea cucumber farming could be PGK68,620 per hectare per year in New Ireland.

An assessment of sea cucumber fisheries in the Western, Central and Manus provinces in 2007 showed that on average, households which harvested sea cucumbers could make PGK3000 to PGK9000 per year from the sale of *beche-de-mer*. ■



Time to measure up ... a worker runs the rule over sea cucumbers, which have a potential income of almost PGK70,000 per hectare per year.



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Rubbish to power-up Port Moresby

A waste-conversion company is planning to convert rubbish into electricity in Port Moresby. *David James reports.*

Waste conversion company Landfill Energies is proposing to construct a plant in Port Moresby to turn municipal solid waste into electricity and diesel fuel. The company says it has a contract with PNG Power to provide electricity and intends to start in early 2017.

Landfill Energies director Del Smeeton says the project will have two benefits: the provision of comparatively cheap energy and much-needed improvements to the environment.

“

The plant converts waste into electricity using a process called pyrolysis. It is sorted mechanically to get rocks and glass out.

”

The technology the company uses converts waste into energy using a process called pyrolysis.

“It is sorted mechanically to get rocks and glass out,” says Smeeton. “Then it goes into a big processing plant which has no oxygen and very high temperatures. Tyres are terrific.



Conversion men ... Landfill Energies' lawyer and director Michael Lanyon (left) and director Del Smeeton.

If you burn a tyre it really burns; you get a lot of fuel. Plastics are great. Anything that is organic can be processed.

“There is a chemical decomposition of the waste, which produces gas that runs the turbine. And fuel-oil is distilled to make diesel. Plus, there is a residue of good quality fertiliser.”

Smeeton was trained as an architect but works mainly in project management for large infrastructure projects. In PNG he was involved in project management for Exxon Mobil's Komo airport, and the National Youth Development Institute. “I have worked all around the world, but I want to concentrate on PNG,” he says, adding that his grandfather was a missionary in PNG and he spent much of his childhood in the country.

The technology was devised by Dutch company Global Green International. Smeeton says the technology has been used for 30 years, but its efficiency has been greatly improved. The proposed plant will process 20 tonnes of dry waste per day, which converts into two megawatts of base load power and 10,000 litres of diesel.


Smeeton says the power is produced at an efficient cost. “This is marginally more expensive than power produced from liquefied natural gas (LNG), but considerably cheaper than power produced from diesel, which is very expensive and damaging to the environment.”

Smeeton says the plant is manufactured in Japan and shipped in containers. Capacity is expanded by attaching extra modules. The company will bring in the plant and equipment and train local employees to use it.

Smeeton says he wants to establish two sites in Port Moresby, then roll out further plants in Lae or Wewak, where more renewable power is needed.

He says his hope is to set up many smaller, five-tonne plants, around the island. “They all need power and they all have rubbish. The landfill is a real problem that they have to solve.”

The emissions are below Australian Environmental Protection Authority standards, Smeeton says. ■




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Andrew Barry ... says PNG LNG is a reliable supplier.

What's next for the PNG LNG project?

PNG's transformational PNG LNG project has been exporting gas to Asian markets since 2014. *Paradise* speaks to Andrew Barry, the managing director of ExxonMobil PNG, about the project.

Q: Now that the PNG LNG project is operating successfully, what do you see as your major challenges and goals for the year ahead?

AB: My goal is that we continue to maintain the reputation PNG LNG has built for being a reliable supplier of LNG to our customers. We do this by remaining focused on our fundamental values: safety, security, environment, integrity, excellence and teamwork. 2015 was an outstanding year, with the PNG LNG facilities operating at levels of efficiency and reliability that were above our expectations.

We produced 7.4 million tonnes of LNG in 2015, which represents an increase of seven per cent from the original design specification. The benefits of this increased production are wide ranging and include additional revenues for the PNG government, landowners and provincial governments.

Clearly, the industry is dealing with the challenge of low crude oil prices. ExxonMobil believes prices, over the long term, will continue to be driven by market supply and demand – with the demand side largely being a function of global economic growth.

Our assessment is that PNG LNG operations will continue to be successful in a variety

of market conditions as a result of our approach to disciplined investing, expense management, asset enhancement programs and a highly skilled and dedicated workforce.

Q: ExxonMobil has a number of agreements to partner with the PNG Government. How are the current projects progressing?

AB: PNG LNG is itself a partnership between the state, landowners and private companies such as ExxonMobil. The nature of this partnership means that the government and people of Papua New Guinea directly benefit from multiple revenue streams from the project, including equity dividends.

We are very supportive of the government's plans to improve the power generation capacity in the country, which will serve as a catalyst for more business and economic growth. We believe that investment in power generation has the biggest value multiplier effect of all potential domestic market investments.

The memorandum of understanding that we signed with the Government of Papua New Guinea in January 2015 provides for the supply of domestic gas to improve the capacity and reliability of PNG's power network.

We delivered on the first phase of that commitment, to generate 25 megawatts of electricity in just five months.

The P'nyang field reserves have the potential to increase the supply of domestic gas for power generation and also provide energy for future growth of the PNG LNG Project. We are continuing to work with the government on the petroleum development and associated pipeline licences for the P'nyang field, which are required prior to our investment and development of an additional 50 megawatt gas-fired power station near the LNG plant, on behalf of PNG Power.

Q: What do you see as the potential for uncovering and developing further gas reserves in PNG?

AB: In the past five years, together with our joint venture partners, we have invested more than one billion kina in PNG exploration.

We are looking to confirm resources for the potential expansion of the PNG LNG project.

In the first half of 2015, we completed a seismic data acquisition program covering more than 100 kilometres around the Juha and Hides fields in the Southern Highlands which, once analysed, will, we hope, lead to further field drilling programs in those areas. In 2016 we will have an active onshore and offshore seismic acquisition effort. ■



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GOING FOR GOLD (AND COPPER)

Kevin McQuillan reports that the Wafi-Golpu mine project near Lae looks on course to start as soon as there is government sign-off.

The latest feasibility study for Papua New Guinea's proposed Wafi-Golpu copper and gold project has given it a nod of approval.

Newcrest Mining and Harmony Gold, the two companies that each have a 50 per cent stake in the project, have said there is a robust investment case that supports proceeding with stage one of the project.

In a statement, the companies said: "It is a world-class copper-gold resource, due to its large-scale, high-grade, and long life, with low operating costs."

The proposed gold and copper project will cost PGK7.9 billion to build, providing an internal yield of 16 per cent, they report.

The updated ore reserve estimates the project contains 11 million ounces of gold and 4.8 million tonnes of copper.

The companies say they are continuing to work with the Papua New Guinea Government to finalise a pre-mine development agreement.

The life of stage one is expected to be 28 years, according to Harmony's chief executive officer, Peter Steenkamp. Earthworks are expected to start shortly after the agreement is signed with the PNG Government and production is expected to start in 2020–2021.

Harmony says the net present value of the first stage has been put at \$US1.1 billion

(PGK3.35 billion), assuming a copper price of \$US3 per pound (PGK9.1) and a gold price of \$US1200 per ounce (PGK3,649).

Golpu currently does not have the infrastructure to support mining operations. Among the major infrastructure requirements are access roads, a processing plant, a tailings storage facility and an export pipeline for the concentrate. Also required are associated de-watering and loading facilities at the Lae Tidal Basin, an accommodation camp and a power transmission line.

“

It is a world-class copper-gold resource, due to its large-scale, high-grade, and long life, with low operating costs.

”

The price of gold rose to its highest level in a year in mid-February, peaking at \$US1260.60 an ounce (PGK3831). This reflects turmoil on the stock markets, according to analysts.

"Rate hikes by the Fed (US Federal Reserve) are being priced out, while on the other

side, the European Central Bank (ECB) will probably announce more quantitative easing," according to Frankfurt-based Commerzbank analyst Daniel Briesemann.

"Everyone's trying to weaken their currency, and in such an environment, gold should be in demand as a safe haven." ■

ABOUT THE WAFI-GOLPU PROJECT

- Tenement is estimated to contain 11 million ounces of gold and 4.8 million tonnes of copper.
- The deposit is located 60 kilometres south-west of Lae in the Morobe Province.
- Newcrest and Harmony Gold each currently own 50 per cent of Wafi-Golpu through Morobe Mining Joint Ventures.
- The PNG Government retains the right to purchase up to a 30 per cent equity interest before mining starts.
- Harmony says Golpu will add about 500,000 ounces (45 per cent) to its annual production.

The 'block caving' method will extract the ore, whereby a large section of rock is undercut, creating an artificial cavern that fills with its own rubble as it collapses. It is regarded as cheaper and safer than other methods.



Wafi-Golpu ... the site
of the mine project.



PICTURE: MOROBE MINING JOINT VENTURES



Deep-sea mining set to start

Nautilus Minerals is edging closer to starting the world's first underwater mine, off PNG.

It has been a long voyage, but Canada-listed copper-gold explorer Nautilus Minerals is on track to commence deep-sea mining operations in the Bismarck Sea, off Papua New Guinea.

The company expects to start operations at the world-first underwater mining project, Solwara 1, in the first quarter of 2018.

Nautilus chief executive officer, Mike Johnston, says the company has recently taken delivery of three sea-floor mining machines, collectively worth over PGK232 million.

Johnston says construction of all the other hard components for the project – the riser and lifting systems that will be needed to convey minerals from deep below the ocean's surface, and the huge floating vessel that will act as a refinery to process and refine the extracted material – are well on track.

The Solwara 1 project received a significant boost late last year when Nautilus signed an off-take agreement with the Chinese state-owned enterprise Tongling Nonferrous Metals Group, under which Tongling will buy the bulk of production from Solwara 1.

"Under the deal, they have to take all our production up to 1.44 million tonnes," says Johnston. "However, we have the option to sell up to 20 per cent of our product elsewhere if needs be."

He also confirmed that, under the new agreement, Tongling will take all the high-grade material produced from Solwara 1

directly to China, effectively removing all the associated tailings.

Under separate memoranda of understanding with PNG's New Ireland and East New Britain provinces, Nautilus is continuing to develop social programs in the regions adjacent to its mining activities.

These include the delivery of a water and sanitation program, which will see schools receive new toilets and fresh water infrastructure. The company has also completed site investigations for a number of river crossings in preparation for the construction of bridges along the west coast of New Ireland.

Nautilus is also working with the provincial government and other groups to explore other business opportunities, including the potential to revive the region's cocoa and copra industry.

Johnston says that other areas being considered by Nautilus include the potential to buy local food produce for its mining operation, and the opportunity to significantly boost local employment once the operation begins.

"There are people from the communities nearest to Solwara 1 who potentially will be able to do semi-skilled tasks when they're trained," he says. ■

“

Nautilus is continuing to develop social programs in the regions adjacent to its mining activities.

These include the delivery of a water and sanitation program.

”



Heavy duty ... three remote-controlled underwater machines purchased by Nautilus for PGK232 million.



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PNG'S SLEEPING GIANT

The country's tourism stocks are looking up as Port Moresby gets more hotel rooms, airports are upgraded and a new tourism minister takes the helm.

Robert Upe reports.

If ever Port Moresby had good reason to charge ahead with tourism infrastructure, it is the APEC Summit scheduled for the nation's capital in 2018.

The summit will attract thousands of visitors, including leaders from 21 APEC countries. Among them will be presidents and prime ministers from the US, Russia, China, Japan, Australia and Indonesia.

PNG's Prime Minister, Peter O'Neill, has said the summit represents a 'coming of age' for PNG on the international stage.

It also represents a coming of age for Port Moresby, in terms of hotel capacity.

It has long been the view that the city has a shortage of rooms, a view endorsed by the PNG APEC 2018 Coordination Authority, which quickly identified the shortage of rooms as a key challenge.

High room costs, particularly during the PNG LNG project construction boom, have also been viewed as a problem.

Well, there is good news.

There has been a flurry of hotel investment and development in Port Moresby since the announcement that APEC is coming to town.

Forthcoming openings include RH Group's 433-room Stanley Hotel and PNG's first Hilton Hotel, both in Waigani district of the capital. Last year saw



Tourist appeal ...Rapopo Plantation Resort at Kokopo, one of a clutch of excellent PNG lodges and resorts.

the opening of the Holiday Inn Express budget hotel, while other hotels in the capital, such as the Gateway and Airways, have expanded or renovated.

On the outskirts of Port Moresby, the Loloata Dive Resort is undergoing a total rebuild and, when finished, will provide the first serious resort experience close to the capital.

Then there's the giant Paga Hill Estate, a harbourside development that will not only provide Port Moresby with increased street appeal, but also a modern precinct with a promised six-star luxury hotel, apartments, restaurants, a marina and an international cruise-liner terminal.

Cruising continues to be a high point in the country's fledgling

tourism sector, with more and more ships pointing their bows to PNG.

The cruise boom to PNG really picked up in 2013, when the giant shipping company P&O made its inaugural visit with *Pacific Dawn*.

Other shipping companies – Princess, the America-Holland Line and Silversea among them – have followed in the wake of *Pacific Dawn*, while P&O has



increased its PNG visits from five in 2015 to 13 in 2016.

But whether arriving by sea, or air, things are improving for the 200,000 visitors who come the country each year.

Port Moresby's Jacksons International Airport has also undergone a transformation, with the arrivals and departures areas receiving major upgrades.

The airport, additionally, has a new retail section with luxury brands, duty free and locally made handicrafts available.

Air Niugini's chairman, Sir Frederick Reiher, says the National Government has taken a visionary approach in the redevelopment and upgrading of the airport.

"The impressive redevelopment of Jacksons Airport is making

passenger movement much more customer-friendly. The upgrading of domestic airports will also benefit our operations and enable us to expand services as demand grows."

Kokoda remains a major tourist attraction for the country, along with activities such as diving, surfing, bird watching and game fishing, as well as a clutch of excellent lodges and resorts in jungle, coastal and mountain

settings. PNG's rich and colourful calendar of cultural events is also winning over visitors. The calendar includes the Goroka Show, the Mount Hagen Show, the Crocodile Festival and the Kenu and Kundu Festival.

Meanwhile, PNG's new Minister for Tourism, Arts and Culture is Tobias Kulang. He was appointed in mid-April to replace Justin Tkatchenko.

Tkatchenko only took up the

post in January, bringing with him a PGK50 million tourism budget. "My appointment is a huge challenge as tourism is our sleeping giant that only needs the right leadership and direction to take it forward," Tkatchenko told PNG media at the time.

Kulang's appointment has been welcomed and comes after a government reshuffle that has seen Tkatchenko appointed as the APEC Minister for PNG leading up to the 2018 summit.

In another positive tourism development, a relaxation of tourist visa rules for Australians is on the cards later this year.

It's likely that visas will be available on arrival when Air Niugini starts direct services into special tourist zones such as Gurney-Alotau. ■

“

The impressive redevelopment of Jacksons Airport is making passenger movement much more customer-friendly.

”

Linking our country



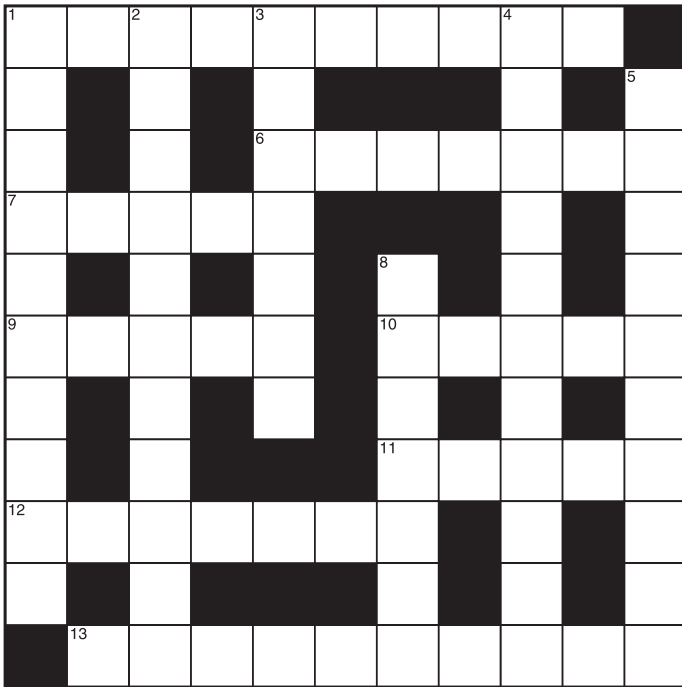
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DoubleTake

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



CRYPTIC CLUES

ACROSS

1. Out of one's mind to sit about in breeze (10)
6. City level is elsewhere associated with barber and oranges (7)
7. On one's guard? Perhaps later (5)
9. Sort of wave, it goes back before lad does (5)
10. Chapel open for inside characters who flee to wed (5)
11. Back in flat, Otto combined figure (5)
12. When trapped in barrel, Eva tends to rise up (7)
13. Distil base mixture made more secure (10)

DOWN

1. Deep archers mention outbound planes (10)
2. What an accountant uses to make the bed (11)
3. Try Lee's makeover (7)

4. Choppers chopped up pet - or chisel? (11)
5. Fresh vigour and a couple of South Pacific islands (3,7)
8. Male moray is very polite (7)

STRAIGHT CLUES

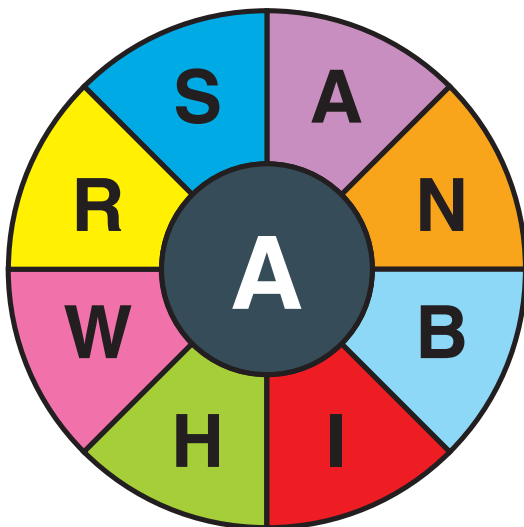
ACROSS

1. Very worried (10)
6. Spanish port (7)
7. On the ball (5)
9. Of sea phases (5)
10. Run off to marry (5)
11. Whole amount (5)
12. Lift (7)
13. Steadied (10)

DOWN

1. Deviations (10)
2. Bookkeeping program (11)
3. Redesign (hair) (7)
4. Aircraft with rotors (11)
5. Auckland is there (3,7)
8. Socially refined (7)

Wheel Words



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

12 Good 17 Very Good 21+ Excellent



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. In pre-independence PNG, what was the name given to Australian patrol officers?
2. Which airport services Lae?
3. In which year did Mount Tavurvur erupt and devastate Rabaul?
4. Name the two daily newspapers in PNG.
5. In which sport will PNG host a women's under 20 World Cup in November?
6. Which major PNG mine re-started operations in March after closing for several months because of drought?
7. Where is Gizo?
8. What was Vanuatu called until it gained independence from British and French rule in 1980?
9. What and where is Intramuros?
10. Which South Pacific island country has the internet domain code of '.tv'?
11. Where are you likely to be if someone invites you to eat *lechon*?
12. What is the largest and most famous festival conducted in the hill town of Ubud in Indonesia each year?
13. What is Tim Ho Wan famous for?
14. Where is Sentosa Island?
15. What is the capital of Myanmar (Burma)?

Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

For solutions to the quiz and puzzles, see Page 124.

What would you prefer?

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Solutions

Wheel Words

Solution: Aria, Barn, Bash, Bias, Bran, Hair, Rain, Rash, Sari, Sawm, Swab, Swan, Warn, Wash, Abash, Awash, Basin, Brain, Brash, Brawn, Sarin, Banish, Wasabi, Rainwash.

9-letter word: BRAINWASH

D	I	S	T	R	A	U	G	H	T	
E		P		E				E		N
P		R		S	E	V	I	L	L	E
A	L	E	R	T				I		W
R		A		Y		G		C		Z
T	I	D	A	L		E	L	O	P	E
U		S		E		N		P		A
R		H				T	O	T	A	L
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6	1	4	5	9	3	8	2	7
5	9	8	2	7	1	4	6	3
3	2	7	8	6	4	1	5	9
4	3	6	1	2	5	9	7	8
1	7	5	9	4	8	2	3	6
2	8	9	6	3	7	5	4	1
8	6	1	3	5	2	7	9	4
7	5	3	4	8	9	6	1	2
9	4	2	7	1	6	3	8	5

The Paradise Quiz

1. *Kiaps*.
2. Nadzab Airport.
3. 1994
4. *The National* and *The Post Courier*.
5. Soccer.
6. Ok Tedi.
7. Solomon Islands.
8. New Hebrides.
9. It is the oldest district in Manila.
10. Tuvalu.
11. In the Philippines where *lechon* means whole roasted pig.
12. The Ubud Writers and Readers Festival.
13. It is a cheap Hong Kong Michelin-starred dim sum restaurant.
14. Singapore.
15. Naypyidaw.

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Out and about

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



PICTURES: 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 remains 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.

ELECTRICITY

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

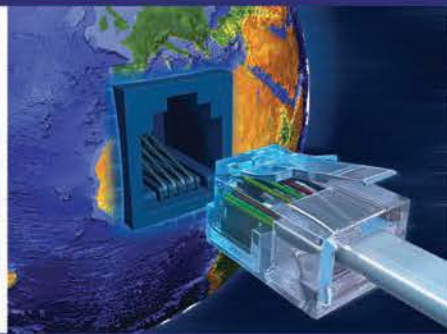
GETTING AROUND

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 ➤

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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 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.

Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. The burgers and the fish and chips are spectacular. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See aviat.com.pg.

Cafe on the Edge: There are good hamburgers here and

breakfast options such as eggs benedict, avocado and the best crispy bacon. The servings are generous. It is one of the few cafes in town that opens early; you can grab your first cuppa from 6.45am. Located under the residential buildings on the new Harbour City development, down behind the ANZ and BSP bank. See facebook.com/CafeOnTheEdge.

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, so come with an empty stomach. See ourportmoresby.co/things-to-do/archives/daikoku. ➤

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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](https://www.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 Sunday mornings. See ourportmoresby.co/things-to-do/archives/dynasty.

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.

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.

Lamana Hotel: The hotel's restaurant has a daily soup and salad buffet lunch, with your choice of main and a drink. There is an Indian buffet night on Thursdays. See 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. If it's too busy, try the Aviat Club in nearby Konedobu. See 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.

Tasty Bites: This is the newest restaurant in Port Moresby, serving Indian and 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 ourportmoresby.co/things-to-do/archives/dynasty.

HOTELS

Airways Hotel: PNG's only top-tier hotel, Airways is located within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms and excellent service. See airways.com.pg.

Crowne Plaza: Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving café and Mediterranean restaurant. Tel +675 309 3329.

Ela Beach Hotel and Apartments: On the fringe of the CDB, 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.

Gateway Hotel: Another member of Coral Sea Hotels, this time located next to the airport. A range of amenities include Port Moresby's largest dedicated meeting space. See coralseahotels.com.pg.

Grand Papua
Port Moresby's newest premium hotel opened in late 2011. The hotel features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular venues for business meetings in town. See grandpauahotel.com.pg.

Holiday Inn
Located in the government district of Waigani. Large grounds with walking track, in a tropical garden setting. Outdoor restaurant dining and bar area, business centre and gym. Recently expanded to include a three-star Holiday Inn Express hotel (Port Moresby's newest hotel). Tel +675 303 2000.

Laguna Hotel
The Laguna is the latest hotel to open in Port Moresby, providing high-end facilities. 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. Tel +675 323 9333.

Lamana Hotel
Also in Waigani, this modern hotel's facilities include the popular Palazzo restaurant (steaks, pizzas and Indian cuisine), business centre, conference facilities and fashionable nightspot, the Gold Club. Tel +675 323 2333.



EATING, DRINKING, SOCIALISING IN LAE

Bunga Raya Restaurant:

A local favourite, serving Malaysian-style Chinese. Located next door to the Lae Golf Club. Make 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. Tel. +675 472 7000.

Lae Golf Club: Whether it's after a challenging 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. 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, make sure to try the Japanese fusion menu – it's the only place in town where you can get good sushi. See hornibrook.com.pg/crossroads/. Tel. +675 475 1124.

HOTELS

Crossroads Hotel: A 45-room facility at 9 Mile. The hotel has a Japanese-themed teppanyaki restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, WiFi and complimentary transport transfers both to Lae City and Nadzab Airport. See 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. Tel: +675 472 0138.

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

Lae Travellers Inn: An affordable option, offering clean and comfortable rooms. 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.

Melanesian Hotel: An iconic property located in the heart of Lae. The city centre is easily accessible and the hotel has nice rooms with harbour views. A gift store and hairdresser is available on site, as well as a contemporary restaurant offering everything from pizza and steak to Asian and roast buffets. See coralseahotels.com.pg. Tel. +675 472 3744.

For general information about Lae, see lcci.org.pg and rainylae.com.

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Business Advantage PNG, businessadvantagepng.com

PNG Tourism Promotion Authority, papunewguinea.travel

Port Moresby Chamber of Commerce and Industry, www.pomcci.com ■

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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 wea?
- *One coffee with milk, please.*
Wanpela kap kopi wantaim milk plis.
- *Where is the toilet?*
Toilet istap wea?
- *How much is this?*
Dispela em haumas?
- *Thank you very much.*
Tenkyu tumas.
- *You understand English?*
Yu save long tok Inglis?
- *Where is my bag?*
Bag bilong mi istap wea?
- *Where can I change my money?*
Wanem hap bai mi senisim moni bilong mi?
- *One beer, please.*
Wanpela bia plis.
- *Why? Long wanem?*
- *How many children do you have? Yu gat haumas 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 kai kai
- *Goodbye* **Gudbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

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

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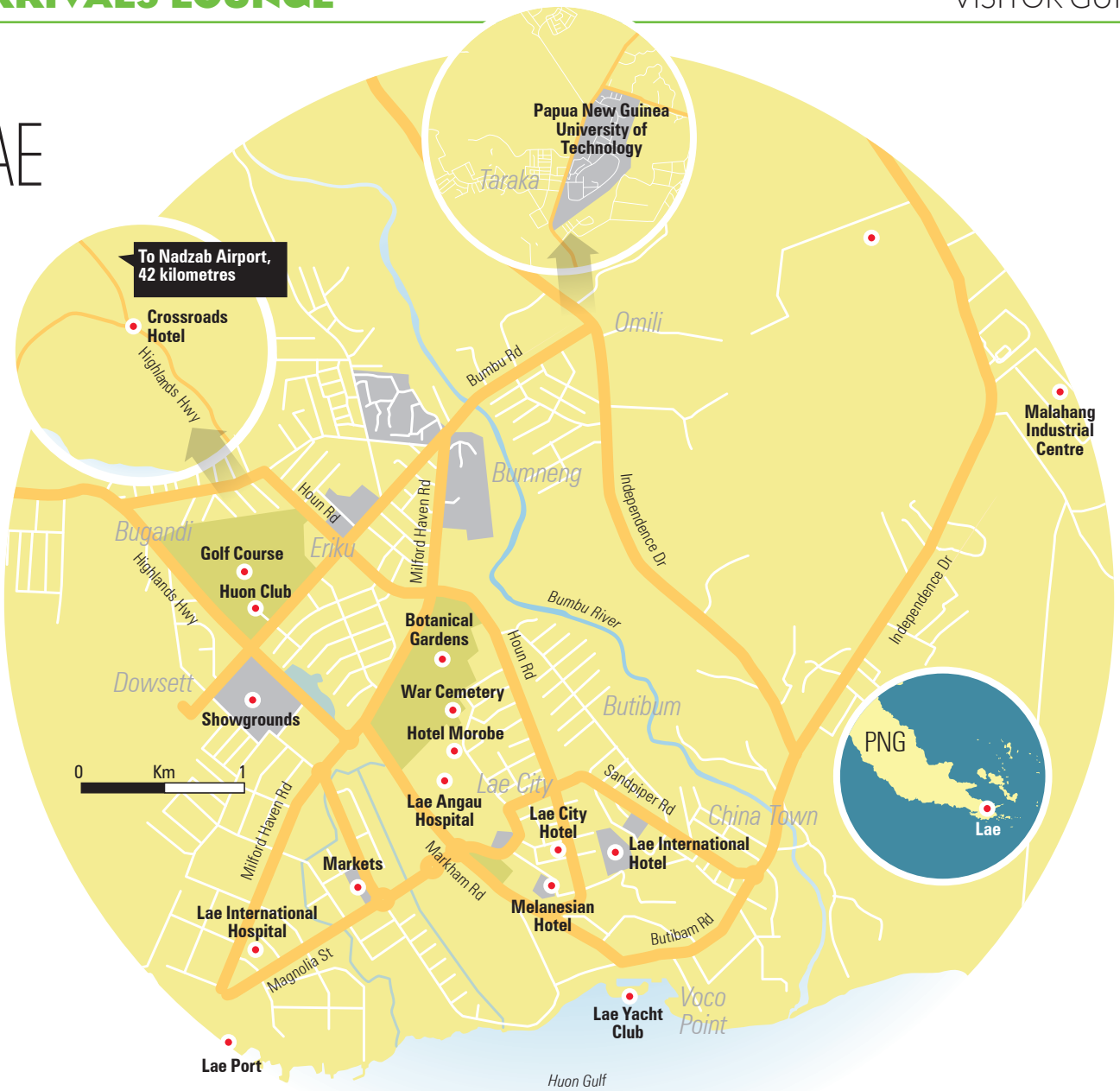
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Your seat belt must be securely fastened during take off and landing or whenever the seat belt sign is on. When the seat belt sign is off you may move about the cabin as necessary. However while seated, keep your seat belt fastened securely in case of unexpected turbulence.

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B767-300ER - Boeing

Length: 59.94m	Power plant: 2 x PW4000
Wing span: 47.57m	Normal altitude: 11000 - 12000m
Range: 8100km	Standard seating capacity: 214
Cruising speed: 857kph	Number of aircraft in fleet: 2



B737-800 - Boeing

Length: 39.5m	Power plant: 2 x CFM56-7B26
Wing span: 35.79m	Normal altitude: 11300m
Range: 8100km	Standard seating capacity: 158
Cruising speed: 857kph	Number of aircraft in fleet: 2



B737-700 - Boeing

Length: 33.6m	Power plant: 2 x CFM56-7B22
Wing span: 35.79m	Normal altitude: 11300m
Range: 6370km	Standard seating capacity: 122
Cruising speed: 830kph	Number of aircraft in fleet: 1



F100 - Fokker

Length: 35.528m	Power plant: 2 x Rolls Royce Tay 650
Wing span: 28.076m	Normal altitude: 11000m
Range: 3000km	Standard seating capacity: 98
Cruising speed: 780kph	Number of aircraft in fleet: 7



F70 - Fokker

Length: 30.91m	Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines
Wing span: 28.08m	Normal altitude: 11000m
Range: 3410km	Standard seating capacity: 80
Cruising speed: 743kph	Number of aircraft in fleet: 1



DASH 8-Q400 NextGen - Bombardier

Length: 32.8m	Power plant: 2 x Pratt & Whitney PW150A
Wing span: 28.4m	Normal altitude: 7500m
Range: 3000km	Standard seating capacity: 74
Cruising speed: 670kph	Number of aircraft in fleet: 6



Falcon 900EX - Dassault

Length: 20.21m	Power plant: 3 x Honeywell TFE731
Wing span: 19.33m	Maximum altitude: 51000ft
Range: 4500nm	Standard seating capacity: 12
Cruising speed: 650mph	Number of aircraft in fleet: 1

Your health inflight

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

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

Blood Circulation/Muscle Relaxation

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

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

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

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

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

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

- ✦ Former or current malignant disease
- ✦ Blood disorders leading to increased clotting tendency
- ✦ Personal or family history of DVT
- ✦ Immobilisation for a day or more

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

Recommendations

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

Jetlag

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

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

Recommendations

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



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

Cabin Humidity/Dehydration

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

Recommendations

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

Eating and Drinking

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

Recommendations

- ◆ Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- ◆ Drink coffee, tea and alcohol in moderation. These drinks act 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

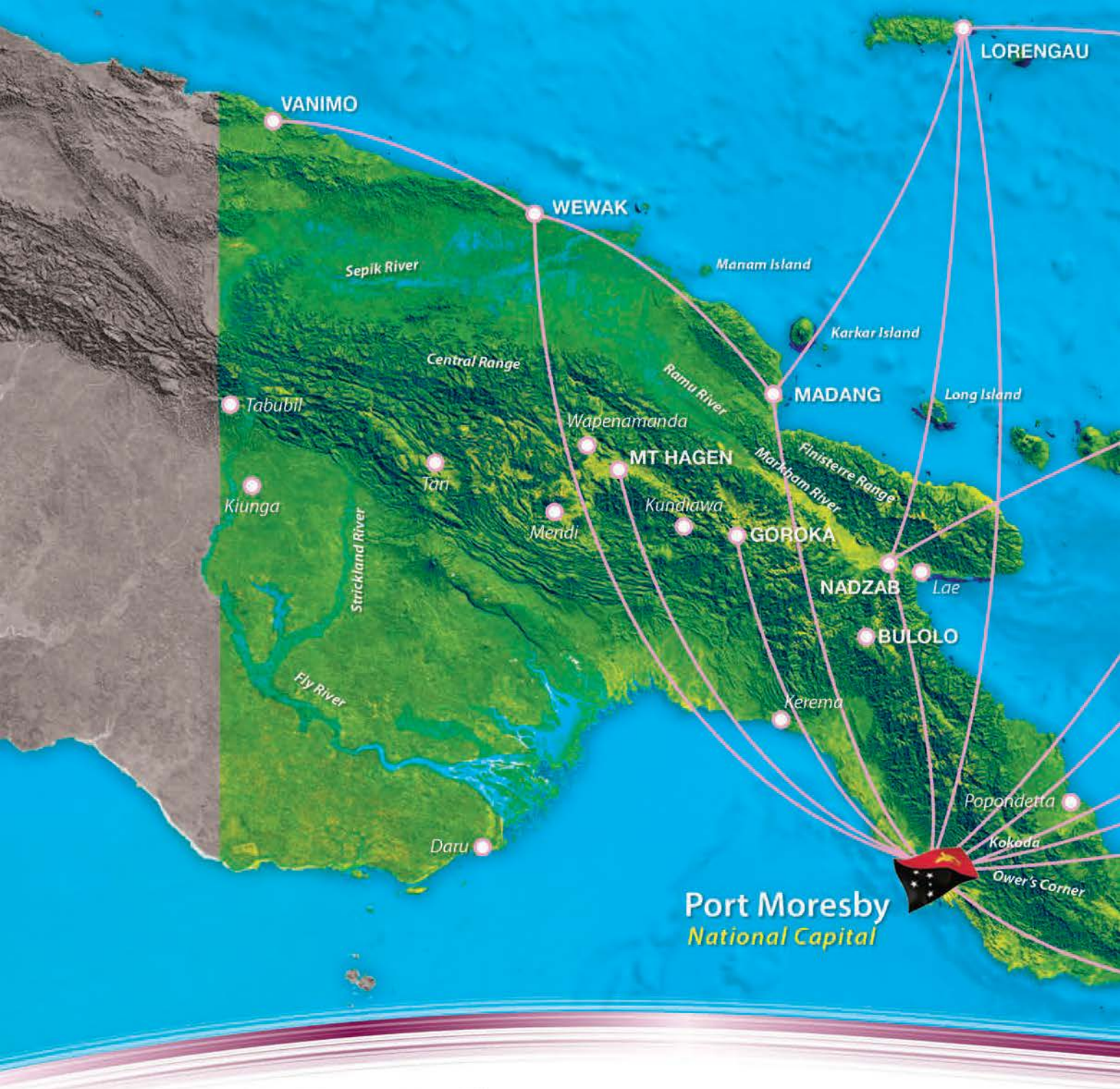
- ◆ If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- ◆ To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your 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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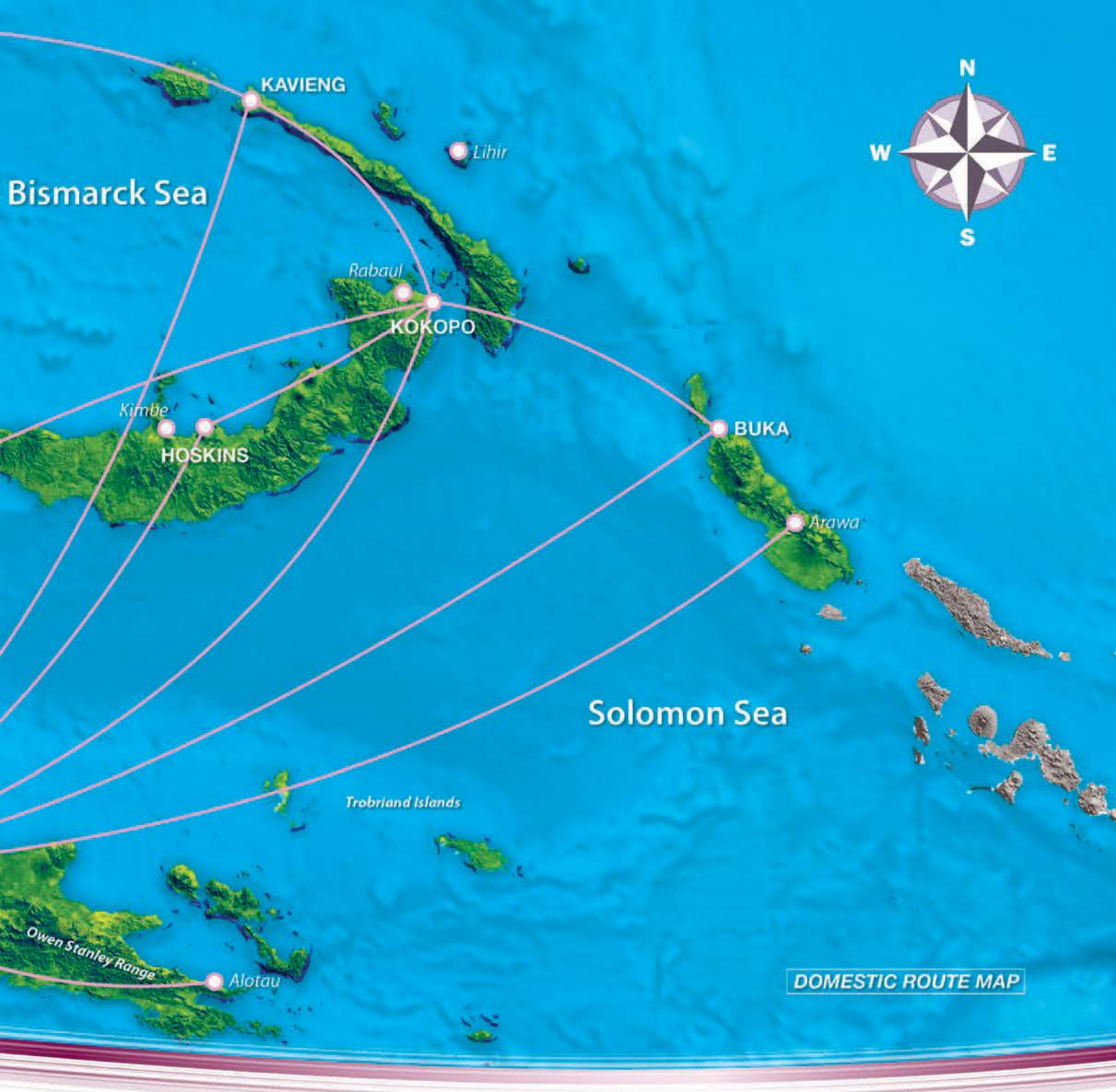
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Your wellbeing



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

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



ANKLE CIRCLES

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



KNEE LIFTS

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



SHOULDER ROLL

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



ARM CURL

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



KNEE TO CHEST

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



FORWARD FLEX

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



OVERHEAD STRETCH

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



SHOULDER STRETCH

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



NECK ROLL

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



FOOT PUMPS

Foot motion is in three stages.
1. Start with both heels on the floor and point feet upwards as high as you can.



2. Put both feet flat on the floor.



3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.

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