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PARADISE

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

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IN PARADISE

CONTENTS

DEPARTURE LOUNGE

NEWS, BRIEFINGS, LOCAL KNOWLEDGE

Paradise Q&A: Port Moresby Nature
Park CEO Johnpaul Houston 8

Green light for PNG to join NRL 10

Spirits lifted with donations to
local school 12



The Pope's visit to PNG 14

Major upgrade for Brisbane airport 16

PNG's first Airbus A220 captain 18

Big Picture 20

TRAVELLER

OUR COUNTRY, OUR REGION, OUR WORLD

10 reasons to explore PNG
History, culture, diving and more 22

Wrecked in paradise
A peculiar shipwreck in the
Solomon Islands 32

72 hours in Manila
How to make the most of the
Philippine capital 36

International hotel review
QT Singapore 40

PNG hotel review
Loloata Island Resort 42

Time Traveller 44



LIVING

LIFESTYLE, CULTURE, SPORT, ENTERTAINMENT

Almanac 2025
Key events at Air Niugini destinations this year 46

Fashion week
PNG fashionistas on the runway 56

Artistic vision
Winners of the Akis Art Prize 60

All aboard
The revival of traditional sailing 64

Wellness
What to eat before and after a physical workout 66

Restaurant reboot
A local favourite with a new look 68

Restaurant review
Kuro Haus Port Moresby 70



A feast of goodness
New cookbook showcases healthy and affordable Pacific recipes 72

Gadgets and travel accessories 76

Book reviews 78



STRICTLY BUSINESS

PEOPLE, COMPANIES, INDUSTRIES

Breaking new ground
Port Moresby's Paga Hill development 80



Bank shakeup
New banking licences for PNG 84

Innovation special report
Great ideas pushing PNG forward 86

Conference special report
How the conference and events industry has taken off in Port Moresby 90

BRAIN GYM

QUIZ, PUZZLES, CROSSWORD

How well do you know PNG and the region?
Take the quiz 95

ARRIVALS LOUNGE

PNG VISITOR GUIDE

Advice for visitors, plus where to stay, eat and drink 98

Tok Pisin guide 112

AIRLINE NEWS

THE LATEST FROM AIR NIUGINI

Air Niugini launches Kumul Club 114

\$7m aircraft added to fleet 114

Pope flies with Air Niugini 115

Aviation safety in spotlight 115

AIR NIUGINI PASSENGER INFORMATION 116

ADVERTISING DIRECTORY 125



COVER PHOTO: Culture on display at the Morobe Show. See our story, Page 22. Picture: Helen Taylor.



Message from the CEO

Welcome aboard



In Papua New Guinea, the bird of paradise is more than just a symbol on our national flag – it embodies the beauty, resilience and spirit of our people and our land. At Air Niugini, we take pride in carrying the essence of this magnificent bird into every journey we undertake.

The bird of paradise inspires us to connect communities, celebrate our diversity and rise above challenges to reach new heights. It represents who we are as Papua New Guineans: a

nation with a rich cultural heritage, immense potential and a future that knows no bounds.

This year, as PNG celebrates 50 years of independence, the bird of paradise also reminds us of the incredible progress we have made as a nation and the potential that lies ahead.

The past year brought many milestones for Air Niugini and our beloved country. One of the proudest moments for us was witnessing Captain Beverley Pakii, a true trailblazer, become the first Papua New Guinean Airbus A220 captain. Her achievement is a testament to the talent within our nation and an exciting glimpse into our future as we prepare to welcome the new A220 fleet later this year.

This edition of *Paradise* brings to life the stories that make PNG a place like no other. From the conservation efforts at Port Moresby Nature Park to the triumphant return of the National Kenu and Kundu Festival in Milne Bay, we celebrate our country's rich natural and cultural heritage. These events highlight our shared commitment to preserving our traditions while embracing innovation, sustainability and progress.

Excitement is also building around PNG's entry into the Australian National Rugby League (NRL) in 2028. Rugby league is more than just a sport here – it's a passion that unites us. This announcement signifies a new era for PNG, elevating our presence on the global stage and inspiring a generation of fans and players alike. And Air Niugini will proudly play a central role.

On the business and tourism front, PNG continues to evolve as a hub for the South Pacific. Major developments like Paga Hill, the rapid growth of Port Moresby's meetings, incentives, conferences and exhibitions (MICE) sector, and the increasing contribution of tourism to our economy demonstrate that PNG is open for business and adventure. Our partnership with the PNG Tourism Promotion Authority, the PNG Divers Association and other stakeholders continues to showcase the beauty of PNG to the world.

This edition also shines a light on the creativity of our people, from the more than 2000 submissions for the Akis Art Prize to the stunning designs from PNG's fashion shows. These creative expressions reflect a nation rich in talent and poised to gain recognition on the global stage.

As you enjoy this issue of *Paradise*, we invite you to immerse yourself in the stories, people and places that make PNG unique. Air Niugini is proud to be part of this journey, carrying the spirit of the bird of paradise into the skies and beyond.

Thank you for choosing Air Niugini. We wish you a memorable journey and a prosperous 2025 filled with exploration, connection and success. *Bamahuta! Lukim yu bihain.*

Gary Seddon
Chief Executive Officer



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PARADISE Q&A

JOHNPAUL HOUSTON

The newly appointed CEO of Port Moresby Nature Park shares his thoughts about the park and its future.

Q: What type of experience do you bring to your new role of CEO of the Nature Park?

A: My two grandfathers in the UK were big into natural history; nature has always been a major part in my life. I started out as a birdkeeper, so birds are a huge thing for me. From a career perspective, I have worked in numerous zoos across the UK, most recently setting up a new facility in Manchester. I've also worked abroad on projects with rare species in Indonesia and Vladivostok in Russia.

I sit on a number of committees with the European Association of Zoos and Aquaria, and I've got an involvement with the American Zoo Association's Saving Animals from Extinction program for tree kangaroos.

Q: What do you think is the role of the Nature Park?

A: The Nature Park has several pillars, but generally it comes down to education, conservation and research.

We're probably best known for the education part of it, having 30,000 school children visit each year. The Sir Brian Bell Foundation funds a number of our education programs. We even drive out in our own buses and pick up the school children, so we've made it very accessible. Our programs deliver messages that are relevant to PNG, like, 'don't keep wildlife as pets.'

From a conservation standpoint, we house a number of rare species, including endangered tree kangaroos. We have also started a frog



PICTURE: LENNOX MATAINAHO

Johnpaul Houston with Ella, a spotted cuscus in safe hands at the Nature Park after being rescued from the pet trade. The Nature Park is the only organisation rescuing and rehabilitating animals in PNG.

program in which we are writing husbandry guidelines for PNG frogs, so they can be preserved for future generations.

We are setting up facilities to bring in the most endangered species, to save them in the face of the chytrid fungus crisis. (PNG's frogs are threatened by the fungus, a skin-eating plague that has already wiped out almost 100 frog species worldwide.)

Our conservation work also includes ongoing research into many areas, including turtles, tree kangaroos and orchids.

Q: What has made the Nature Park such a success so far?

A: I think the Nature Park's been a success because it's a quality venue. We're accredited by the Zoological Association Australasia, and we've gained a lot from our partnership with Zoos Victoria in terms of customer service, guest relations, marketing and everything along those lines.

People see the value of the Nature Park as a secure and safe place to bring the family. They also recognise that we're



helping endangered species across the country.

Our visitors are 97 per cent Papua New Guinean, mostly locals from Port Moresby.

Q: What new things are coming up for the Nature Park?

A: We have been gifted some land by the National Capital District Commission (NCDC) and we're aiming to become a centre for all the NGOs in the conservation sphere and climate change. The idea is that everyone can come together and share in each other's experience and create a one-plan approach for conservation within the country.

Q: The Nature Park recently hosted a climate change science fair. Why was this done and who was it aimed at? Can we expect more events like this?

A: We reached out to schools and asked them to come up with some sustainability ideas to battle climate change. We saw some amazing projects by creative young minds, which were judged by University of Papua

“ I think the Nature Park’s a success because it’s a quality venue. People see it as a safe place to bring the family. They also recognise that we’re helping endangered species.

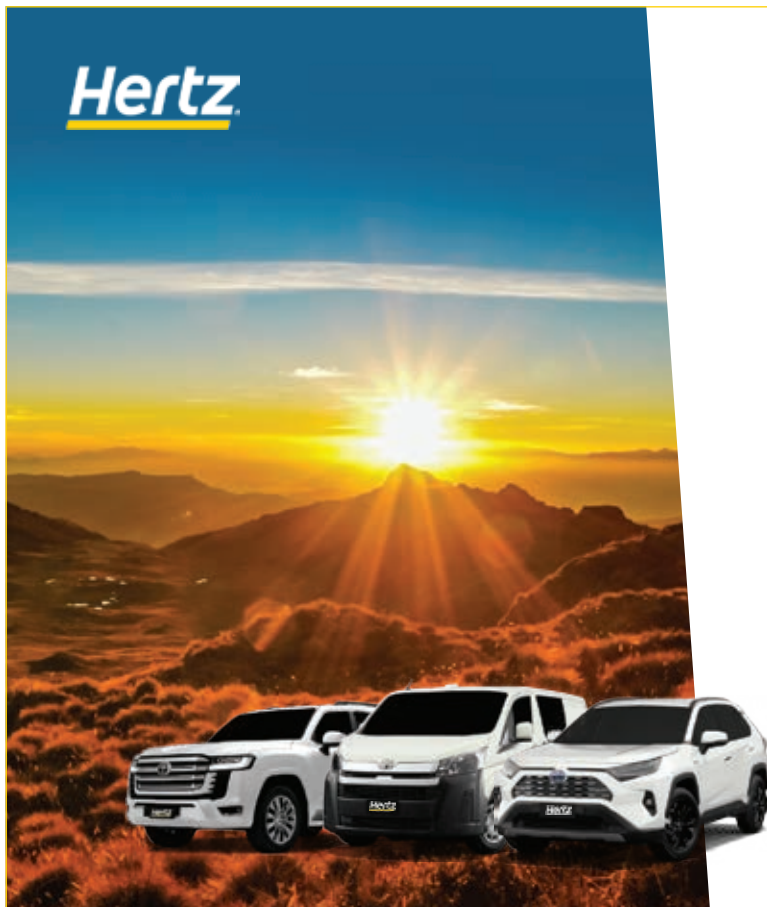
” New Guinea lecturers. So now it’s something that we’re going to continue with for another nine years, to coincide with a tree-planting project. The main part of the project is to put 27,000 trees into the wider Port Moresby

area to create some afforestation and reforestation with native species.

Q: How is the Nature Park funded and does its future look safe and secure?

A: We benefit from multiple scientific funds and international donations through foreign embassies. We also rely on our industry contacts and partners.

We’ve had an incredible partnership for more than a decade with ExxonMobil, and Digicel has become a major sponsor. The Brian Bell Foundation has been a huge sponsor for many years. We’re most grateful to the NCDC for its support and supplying us with about a third of our funding each year. We are really indebted to all of them, we couldn’t survive without them. We are a charity, and while we are so grateful for all our support, our work always requires further funding to keep PNG plant and animal species safe for future generations. That being said, our commercial arm is really picking up and we are trying to develop new revenue streams. ■



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PNG team to join NRL

Papua New Guinea’s rugby league fans had plenty to celebrate late last year when it was revealed that PNG will join Australia’s National Rugby League competition in 2028.

After months of speculation, the move was jointly announced in Sydney, Australia, by the PNG Prime Minister James Marape and the Australian Prime Minister Anthony Albanese.

The name and jumper design for the new team are still to be worked out.

The Australian government pledged A\$600 million over a decade to help make the team a reality, while the PNG government will chip in A\$150 million.

The PNG government has committed to building compound-style accommodation in Port Moresby for players of the new team.

It is also offering tax-free salary benefits to attract star Australian players.

PM Albanese said at the announcement: “Rugby league is PNG’s national sport and PNG deserves a national team. The new team will belong to the people of PNG, and it will call Port Moresby home. It will have millions of people barracking for it from day one.”

“

The new team will call Port Moresby home. It will have millions of people barracking for it from day one.

”



PNG’s rugby league fans in full voice.

PM Marape said the new team will help unify people across PNG. He described the decision as “monumental”.

The Chairman for PNG’s bid into the NRL, Wapu Sonk, said: “This is the starting point for a lot of hard work. There is much to do to make sure that we are ready to go in 2028, but I am confident that when we run out for our first match, we will be ready and the whole country will be behind us.” ■



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Spirits rise with church donations to school

The former head of World Vision Australia, Tim Costello, was in Papua New Guinea recently where he witnessed the growth of a primary school established by a congregation of a Melbourne church.

Members of the Gateway Church raised more than PGK650,000 (A\$250,000) to build the Gateway Christian School at Moitaka, about 10 kilometres from Port Moresby, in 2014.

Costello says the progress of the primary-age children has been eye opening.

“These kids are from dysfunctional families and their parents are amazed at the skills their children have learned.”

He says the families have come from the Highlands and other areas of PNG to give their children a chance at an education.



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Tim Costello and head teacher Nathan Kepeapa with a student at the Gateway Christian School (opposite); sports day at the school (top); in the classroom (above).

The members of the 500-strong Gateway Church have continued to raise money for the school since its establishment and now invest over PGK650,000 a year, to add classrooms and other facilities as well as employ more teachers.

“

Their parents are amazed at the skills their children have learned.

”

One of the reasons Costello visited PNG was to take part in a golf day fundraiser, which raised another PGK130,000 for the school.

“Gateway saw the need for a school, brought in teachers and now most of the kids

are moving on to high school. It’s giving them and their families a lot of self-respect,” he says.

Costello also remarked on PNG’s path to joining the NRL and couldn’t help noticing the children playing touch rugby on the school grounds.

He is a leading advocate for gambling reform in Australia and hopes PNG won’t be swamped by gambling ads when it becomes part of the NRL.

“I can see they love rugby league here so I hope they can get an NRL team without the tsunami of gambling ads on the TV. It could do huge damage to the population because it is so addictive.”

Rick Paynter, chairman of the Gateway Children’s Fund in PNG, says: “Children are our most precious asset and our hope for the future, so their health, education and social formation should be our primary concern.” ■

– JEFF TURNBULL



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POPE FRANCIS TOURS PNG

Pope Francis was warmly welcomed to Papua New Guinea last year during a visit that included Port Moresby and Vanimo.

The Pope was given a red-carpet reception at Jacksons International Airport where he was greeted by the Deputy Prime Minister John Rosso and senior members of the country's Catholic Church.

His visit, from September 6–9, was part of a 12-day tour of Southeast Asia and Oceania that also included Indonesia, East Timor and Singapore.

While in PNG, the Pope celebrated mass at Port Moresby's Sir John Guise stadium with the Prime Minister James Marape

in attendance, he addressed the nation's authorities, diplomatic corp and representatives of civil society at APEC Haus, and he met with PNG Governor General Sir Bob Dadae at Government House.

The Pope thanked the Governor General for opening "the doors of your beautiful country, so far from Rome and yet so close to the heart of the Catholic Church".

On his last day in PNG the Pope travelled to Vanimo where he took humanitarian aid and was greeted by 20,000 people who welcomed him with traditional dances and singing.

He met with local Catholic community leaders in Vanimo,



PICTURE: VATICAN MEDIA

Pope Francis receives a PNG welcome in Port Moresby.

as well as missionaries from his native Argentina.

The four-country tour was the 87-year-old pontiff's longest overseas trip yet and covered about 33,000 kilometres.

Pope Francis flew from PNG to East Timor with Air Niugini.

It was the third time a pope has flown with the airline. The first two flights were with Pope John Paul II in 1984 and 1995.

According to Vatican statistics, there are about 2.5 million Catholics in PNG. ■

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Major upgrade for airport

Brisbane Airport's international terminal is getting a major facelift as part of a A\$5 billion plan to upgrade the airport over the next decade.

The transformation will streamline the passenger experience, with faster security screening, upgraded baggage systems, and self-service check-in and bag drop.

Among the changes, the airport plans to introduce bag screeners that allow passengers to leave laptops in their bags.

The changes will result in the relocation of security and passport control from level three to a light-filled atrium on level four.

There will also be more retail options, and the duty-free shopping area will double in size.

The redevelopment project will also include upgrades to the domestic terminal and the construction of a third terminal, which will service both domestic and international flights.

Work on the international terminal is expected to be finished in 2027, and airport officials are hopeful the entire project will be completed in time for the 2032 Olympic Games in Brisbane.

The project is being broken down into 20 construction phases to reduce the impact on passengers.

The airport's Chief Executive Gert-Jan de Graaff told the ABC that there would be some disruption to passengers. However, he said they would not need to arrive any earlier than usual for flights.

He said the upgrades will bring Queensland in line with other major international terminals, such as Los Angeles.

The redevelopment has been driven by the need to upgrade security screening equipment to meet Australian Government standards by the end of 2025.



PICTURE: BRISBANE AIRPORT

An artist's impression of Brisbane Airport's new international terminal.

"Our international terminal is Queensland's gateway to the world. After three decades of service, it's well and truly time for a transformation, ensuring it's ready to welcome the world for years to come," de Graaff said. ■

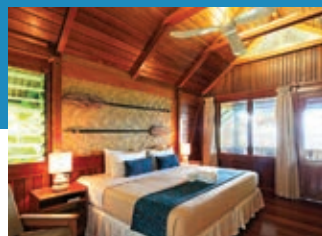
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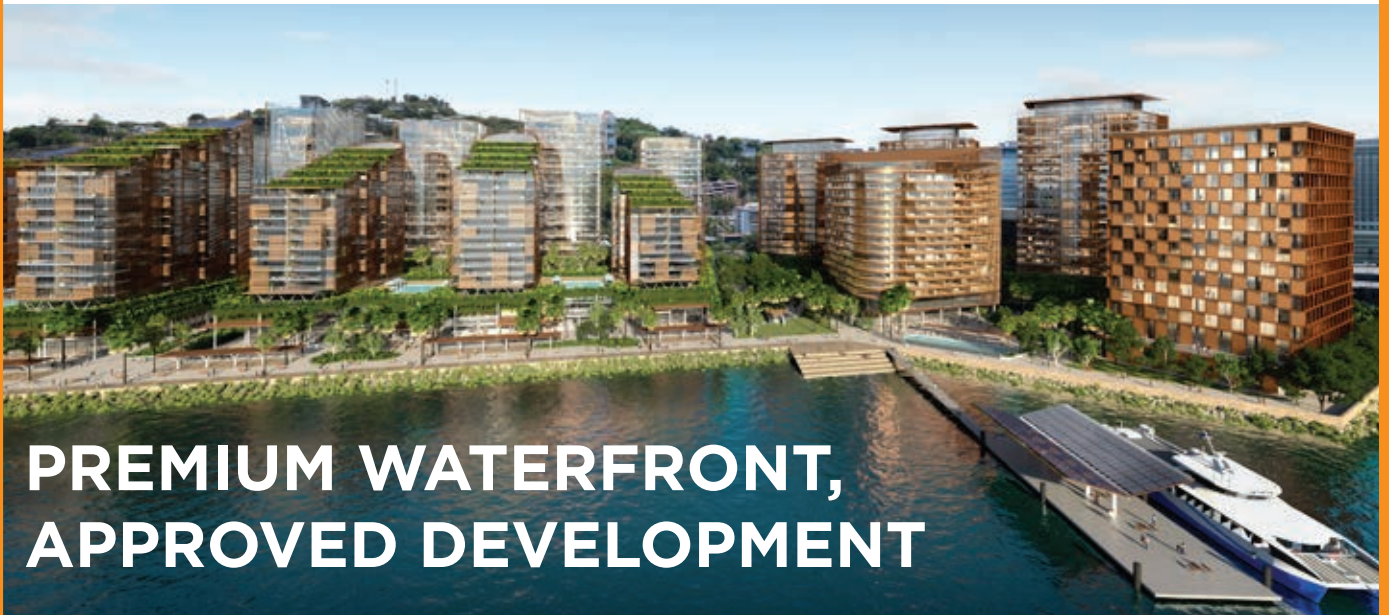


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PNG's first Airbus A220 captain

Air Niugini's Captain Beverley Pakii has qualified as the first Papua New Guinean Airbus A220 captain after completing training in Montreal, Canada, with distinction.

Air Niugini will welcome its first A220 aircraft in September, coinciding with PNG's 50th independence anniversary celebrations.

Captain Pakii is a trailblazer in the aviation industry. She is also PNG's first female jet captain and Dash 8 captain, progressing through Air Niugini's pilot cadet program. She is also the first Air Niugini female captain to command an all-female crew on a Dash 8.

Air Niugini Board Chairman Karl Yalo congratulated Captain Pakii. "The Board of Directors are very proud," he said.

Board Director Lady Aivu Tauvasa said: "Captain Pakii brings pride to our women and PNG."



Captain Beverley Pakii on the flight deck of an A220 simulator.

Director Dame Monica Salter echoed similar sentiments: "Congratulations Captain Pakii,

you have made Air Niugini and the women of PNG very proud."

Captain Pakii, together with other Air Niugini pilots, is part of the airline's A220 project team. The team is tasked with the smooth introduction of the A220 into the Air Niugini fleet.

The team is led by Air Niugini's Executive Manager, Flight Training and Standards, Captain Timothy (Tico) Narara.

Chief Executive Officer, Gary Seddon, also congratulated Captain Pakii and the Air Niugini team in Canada. "This is a wonderful day for Air Niugini and for aviation in PNG. This is testament to the work that is going on behind the scenes and around the clock, to bring these new aircraft to the people of PNG." ■

More airline news on Pages 114 and 115.

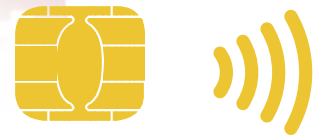
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BIG PICTURE

TAKEN BY LI DIYANG

Artist Jonah Wilson puts the finishing touches on a painting at the New Channel Inn in Goroka. The photographer says: "His paintings adorn the walls and doors of the hotel. The scenes of local life and nature are so striking that I felt compelled to capture the artist at work in a photo."





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



10

REASONS TO EXPLORE PNG

Marisa Howden has lived much of her life in Papua New Guinea, and recently released her first novel set in the country. Here, she provides a perspective of what makes PNG so attractive for visitors, from the volcanoes to cultural shows, diving, surfing and much more.

1 HISTORY

Rabaul is the place to soak up PNG's extensive history. Once the capital of New Guinea, the town was the colonial epicentre of trade and society up until World War 2. The New Guinea Club in Rabaul has historical information and artefacts, while the war museum in nearby **Kokopo** is home to military memorabilia such as tanks and guns.

The Australian war cemeteries across the country are well worth a visit as they commemorate the thousands of lives lost in PNG during the world wars. **Bitu Paka War Cemetery** outside Kokopo honours servicemen and women who sacrificed their lives on the Gazelle Peninsula after the Japanese invasion in January 1942. **Lae War Cemetery** contains the graves of soldiers in the New Guinea campaign, while the **Bomana War Cemetery** in **Port Moresby** pays tribute to those who died fighting in Papua and Bougainville in World War 2.

The **PNG National Museum and Art Gallery** in Port Moresby is also worth a visit, home to an impressive collection of artefacts, archaeological finds, contemporary art and historical information.

A trip to **Wau** and **Bulolo** is worthwhile for anyone interested in tracking PNG's gold-mining history, which dates to the 1900s.





PICTURES: PNGTPA, DAVID KIRKLAND, HELEN TAYLOR, CHRIS PEEL, TUFU RESORT, NUSA ISLAND RETREAT



2 CULTURE

Attending one of PNG's many shows is the best way to engage in the country's rich cultural heritage.

Every October, Lae hosts the country's biggest cultural event, the **Morobe Show**. Spectators gather to witness more than 100 cultural groups perform their *sing-sings* (traditional dances) in a mesmerising display of colour and song.

For a more intimate experience, **Mount Hagen** and **Goroka** host their shows in August and September where an eclectic mix of Highlands tribes gather to showcase their unique customs and *bilas* (traditional dress).

You'll be sure to see towering, feathered headdresses and mud-slicked men from the Asaro tribe who will jump and jive in beat with the *kundu* drums. Held in **Kokopo** each July, the **National Mask and Warwagira Festival** is another must-do. See the arrival of the *duk-duks* (Tolai men in costumes) at dawn before being bedazzled by the **Baining** mountain tribe's fire dancers in the evening. ➤

The Morobe Show attracts more than 100 cultural groups (left); children play on the remains of an old army tank at the war museum at Kokopo (above).



3 DIVING

Diving in PNG is colourful, no matter where you go, but **Kimbe, Milne Bay** and **Tufi** are home to world-class dive resorts. Enjoy the diversity of dive sites, including barrier reefs, coral walls, coral gardens, patch reefs, fringing reefs, seagrass beds, coral atolls and wreck dive sites. Live-aboard options are available for the enthusiasts who want to travel further afield to the pristine outer reefs.

Kimbe is known for its pelagics, soft corals, fans and unusual critters, and **Walindi Plantation Resort**, which is located there, is one of PNG's longest-operating dive resorts. Enjoy beachfront bungalows before being whisked away to reefs that are home to more than half of the coral species in the world. Additional activities such as volcano climbs and thermal river swimming are available.

Tawali Leisure and Dive Resort outside **Alotau** is in a secluded area of Milne Bay. Considered the birthplace of muck dives, Milne Bay has twice as much marine biodiversity as Australia's Great Barrier Reef. Additional activities such as birdwatching and skull cave tours are available.

Tufi Resort is another remote dive operation, well known for its spectacular fjords and drop offs. From World War 2 wrecks to outer reefs with 30-metre visibility, there is a wide array of species to see, while the wonderful array of sponges and shelf corals in the fjords present a truly different diving environment.

Taking a dip in the refreshing and clear water near **Tufi Resort** (above); catching a wave near **Nusa Island Retreat** (right).





4 SNORKELLING

Snorkelling sites are plentiful along PNG's coast. Colourful reefs fringe the coastline and **Madang** is the perfect place to start. The **Madang Resort** dive shop can cater to all your snorkelling needs and resort staff will whisk you around the harbour to picturesque islands such as Kranket and Pig, where you're met with crystal-clear waters and bounties of corals and fish. A picnic lunch can be arranged, followed by an afternoon of kayaking or simply relaxing.

Salamaua is Lae's best-kept snorkelling secret and is home to shallow reefs and wrecks, while **Loloata Island Resort** is an easy option for pristine reefs close to Port Moresby.

5 SURFING

Surfers come from all around the world to ride PNG's uncrowded breaks, with most going to **Kavieng** and **Vanimo**. Surf season runs from November to April and accommodation books out well in advance.

Nusa Island Retreat at Kavieng is one of the country's most popular surf lodgings, with a variety of reef breaks accessed by short boat transfers. The eco-friendly resort has a variety of accommodation, from overwater bungalows to garden huts. The lodge also caters for people keen to fish.

On the border of Indonesia, **Vanimo Surf Lodge** has traditional beachfront huts near the village of Lido.

Considered one of the safest surf locations in PNG, the breaks are predominantly over sand, rock and limestone bottoms. ➤



Overwater bungalows at Nusa Island Retreat (left); PNG has a diversity of dive sites (right).



6 SCENERY

It is hard to put into words just how breathtaking PNG's scenery is. You're guaranteed to encounter spectacular wilderness, as well as be enchanted by friendly people along the way.

For those in Port Moresby, a drive to **Koitaki Country Club** near Sogeri will give you a glimpse of the start of the Kokoda Trail and **Varirata National Park**.

Those in Lae have the Highlands at their disposal, with drives to Goroka and Bulolo usually under four hours.

Alternatively, **Madang** is less than five hours drive from Lae as you coast through the **Markham** and **Ramu Valleys**, which are hugged with lime-green hills that look like something out of Middle Earth from the movie Lord of the Rings.

From Madang, the North Coast Highway will take you to the mouth of the **Sepik River** along a coral-fringed coastline. ➤



A waterfall at Sogeri.

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7 FISHING

Anglers are spoilt for choice in PNG, with options varying from game to river fishing. Anglers come from around the world to **Baia Sportfishing Lodge** in **West New Britain** to catch the mighty Papuan black bass. The lodge caters for 12 people with comfortable accommodation, and four rivers to fish from.

The remote **Bensbach Wilderness Lodge** near the border of Papua is known as the barramundi capital of the world. Set against sweeping plains with an abundance of wildlife, it is an amazing backdrop to take on these fighting fish.



Hauling in a fish in PNG. Anglers come from around the world to catch Papuan black bass.

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8 BIRDWATCHING

Birdwatchers travel from around the world to view PNG's 700 species of birds, including the majestic rajianna bird of paradise. From tiny whistlers to giant flightless omnivores, and even the world's only poisonous bird species, PNG's birdwatching options are as diverse as its culture.

While birdwatching is available across the country, **Rondon Ridge at Mount Hagen** and **Ambua Lodge in Tari** are two locations that cater specifically to birdwatching tours. Located in the Highlands, their comfortable lodgings are a perfect base for twitchers.

Port Moresby Nature Park is home to a variety of birds, including a walk-through aviary with birds of paradise and cassowaries. It is PNG's only internationally recognised wildlife park and sets the benchmark in PNG for tourism, animal welfare and community nature-based education.

9 TREKKING

The **Kokoda Trail** is PNG's most famous track, renowned for its 96 kilometres of terrain that snakes through the rugged mountainous region of the Owen Stanley Ranges.

Thousands of trekkers hit the track each year to pay homage to the soldiers who fought during World War 2. The trek is no easy feat and can be organised with one of the many tour groups such as **Adventure Kokoda** and **Kokoda Spirit**.

If you're looking to summit the highest peak in the Oceania region, **Mount Wilhelm** will be sure to get your legs burning. Reaching a staggering 4500 metres, a climb up Mount Wilhelm is not for the faint hearted and can take several days as you ascend from **Betty's Lodge** to base camp, before trying your luck at summiting.

The weather can be fickle, but on a good day those determined enough to make it to

the top will be met with panoramic views across the PNG Highlands down to Madang. Guides are a must and can be arranged through Betty's Lodge.

Easier day hikes are also available throughout PNG, including volcano climbs in Rabaul and Kimbe, and walks to secluded waterfalls in places such as **Sogeri** and **Busama**. Guided village walks are available at nearly every resort or lodge in the country. ➤



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10 SAILING AND CRUISING

The wind picks up in Port Moresby between March and November, allowing for optimal sailing conditions. The **Royal Papua Yacht Club** offers weekly lessons, and visitors of any ability can enjoy the various fleets, divisions, locations and competitions.

Cruising is the perfect choice to see more of PNG in an easily accessible way. Options vary from the big operators such as Carnival, which visits the major ports of **Alotau** and **Rabaul**, to bespoke tours such as those on the **Sepik Spirit**, which plies the Sepik River. ■



Major cruise lines provide easy access to PNG and call in at ports such as Alotau and Rabaul.



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Greg Clarke visits the peculiar sight of a shipwreck that lies just metres from a Solomon Islands beach.

WRECKED IN

Patrick Sara is a Solomon Islander whose life has been changed by a shipwreck experience. Remarkably, he wasn't even on the ship at the time. It came to his island home.

Sara's village, Hanikoga, better known now as Roderick Bay, is on the island of Nggela Sulu and is just 45 kilometres from the Solomon Islands' capital, Honiara.

The village has the countenance of a deserted tropical island – except for the

hulking and ghostly, and mystifying and wondrous, presence of the *World Discoverer* cruise ship, which struck rocks there in 2000. All 140 passengers and 50 crew were saved and the ship was ultimately run aground on a reef, just metres from the shore where Sara and his family live.

Most shipwrecks are underwater, but not this one. Its bridge rivals the height of the nearby trees. As it rusts, and becomes ever more ghostly, saplings have begun to grow

from it. Nature will one day reclaim it but not for many years yet.

The ship's resting place is near a smooth stretch of sand where tropical plants such as calophyllum and coconut trees give precious shade to Sara and his family. It is 12 steps from a thatched roof restaurant built for guests to the lilliputian beach off which the hulking wreck lies.

From the shore, the bank of sand drops steeply away. It is three swimming strokes





“
As it rusts, and becomes
ever more ghostly,
saplings have begun to
grow from it.
”

The wreck of the *World Discoverer* at Roderick Bay (main); Patrick Sara welcomes guests who come to see the wreck (right).

PARADISE

to near where the ship's hull sits underwater and forms a striking artificial reef for schools of fish.

It's a draw for visitors who come to snorkel and dive around the submerged hull. But it is just as effortless to become captivated by Sara and his family and their apparently contented approach to life. "Roderick Bay is not a fancy home," says Sara. "So many people do big things. We maintain basic facilities."

Three bungalows, built for visitors in 2013, are by the water's edge too. A bed, a mosquito net and fan, a separate bathroom and a deck the water laps against mean that the sea, and the nearby ship, can be considered part of the decor. There is not a glass window anywhere. All of it, ship excluded, is as beautifully simple as a smile.

Yet that may not be the most appealing feature. The deck's perfectly positioned hammock allows visitors to contemplate ▶





the surreal and ghostly cruise liner while pondering how fortunate they are to swing where they are.

“Stay here and live in a free mind,” says Sara, the youngest of five brothers who, with wife, Mary, runs the business and leads his family. “The opposite of how it should be. But I love to do it, do the work for all of us. It works.”

Sara employs not only their three daughters but many other villagers. “This is good for my people, creating jobs and protecting our resources. I see all my people, they live here.” Some villagers sweep the sand, others sell handcrafts, including bracelets and bangles made from shells.

Shell money (strings of shells) was used as currency in the Solomons before tap-and-go bank cards (and banknotes). Wonderfully, there are no EFTPOS facilities on the island. Cash for the bracelets goes into the palms of the locals.

While I snorkel close to the ship, the water below me is thick with bait fish. It’s the largest school of fish I’ve ever seen. There may be thousands of them and not one is bothered by the intrusion. Elsewhere, clams almost large enough to swallow an arm and brightly coloured clown fish have made homes among the rocks, seaweed and coral.

One evening a rainbow runner fish Sara caught returning from Tugali – Honiara’s pre-World War 2 capital – is served for dinner.

Oysters and a garnish of sea grapes (seaweed) have been harvested from nearby waters too.

Pineapples, melons, cucumbers and green beans are grown on more fertile soils across the bay from the village. Sara’s daughters and other villagers paddle dugout canoes with timber paddles to the food garden. It’s a perfectly confounding sight watching a canoe crafted from a tree harvested from the island’s forest being paddled past the rusting hulk.

There may be shiploads of convoluted reasons why the *World Discoverer* remains on the reef rather than having been salvaged. Land ownership remains a befuddling and serious issue for the Solomons. Rights of salvage may have been a puzzle too difficult to solve. But one thing seems certain the ship’s misfortune has been a win for the locals.

Income for the village is also derived from daytrippers who come to snorkel around the wreck and its artificial reef.

Some come for a quick visit, but Sara says many decide to stay longer once they arrive and see what’s there.

Some of those wise folk take mattresses from their rooms and sleep under the stars at the end of a 30-metre jetty not far from the bow of the reefed ship. It could be as close to a shipwreck experience as most people will ever get. ■

The Roderick Bay jetty next to the shipwreck.

 **Air Niugini flies from Port Moresby to Honiara five times a week. See airniugini.com.pg.**

STAYING & GETTING THERE

A bungalow with a double and a single bed costs SBD485 (about PGK230) for three people. It costs SBD50 (about PGK25) for an extra mattress. Three meals a day cost SBD200 (about PGK95) a person. A dormitory that sleeps 16 people was opened in 2023. A single bed costs SBD200 a night.

Transfers from Honiara to Roderick Bay cost SBD2500 (PGK1200) for the whole boat. The cost can be shared with other visitors. The trip departs from the beach near the Honiara Yacht Club and takes about 90 minutes when the sea is smooth. BYO snorkelling kit.

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72 HOURS IN MANILA

Bronwen Gora reveals the best bars, places to stay and things to see in the Philippine capital.

Given Manila is one of the planet's most populous urban areas, the idea of exploring the Philippine capital can be overwhelming. But although Manila has the world's most densely populated city proper (70,000 residents per square kilometre) it's possible to visit most major sites in just a few days.

Manila flanks one of Asia's finest harbours on the eastern shore of Luzon, the Philippines' main island. Its proximity to the Asian mainland just 1300 kilometres to the east allowed Manila to become the first city in Asia to forge business links with countries across the Pacific Ocean to establish the first unbroken global trading route. The city boomed, drawing thousands of immigrants

from dozens of nations and transforming it into one of the world's most multicultural destinations.

Manila's strategic location and enviable economy have seen countries vie for its control. Over the centuries Manila's rulers included China, Spain and Britain, before the US occupation in World War 2, followed by Japan. The city was later liberated by the US, not long before the Philippines gained independence in 1946.

Of all Manila's rulers, however, the most influential were the Spanish (1565–1898). The original walled city, magnificent churches and forts they left behind now make up Manila's most famous sights, which share equal popularity with the city's

supersized modern shopping malls, museums, Chinatown and gentrified lifestyle hotspots.

DAY 1 MORNING

Stroll along Manila Bay's foreshore walk stretching alongside Roxas Boulevard. Be sure to go in the cool of the early morning as here the heat and humidity are constants year-round. Begin your walk at the southern end so you will be heading in the direction of Old Manila, the historical heart centred in and around the Intramuros district. Booking a guided walking tour of Intramuros (getyourguide.com/intramuros-1104055) is highly advisable simply to maximise your enjoyment, ensure you hit the highlights and make the experience so much more informative.





Metro Manila at night (main); street food of deep-fried quail eggs (left); Lunar New Year celebrations in Manila's Chinatown (below).



Intramuros (meaning 'within the walls' in Latin) was once a walled city, built in the 16th century by the Spanish to protect their new colony from invaders. Within these walls the Spanish built Manila's first city council (1571) and the city's largest churches along with schools, leafy public squares and aristocratic homes and other official buildings.

Must-sees are the enormous Manila Cathedral and the nearby Baroque masterpiece, the San Agustin Church, which is the oldest in the Philippines and is a UNESCO World Heritage Site.

Just across the road from San Agustin is another must-see: the aristocratic mansion Casa Manila (intramuros.gov.ph/cmm).

This impressive time capsule of yesteryear sprawls over three levels filled with magnificent carved furniture and glimpses of lifestyles long past. Also, in Intramuros, don't miss Fort Santiago (visitfortsantiago.com), a crumbling yet well-preserved ruin where steel was smelted to make cannons for Spanish galleons. Here, with a helping hand, clamber atop the original 16th-century stone wall for a panoramic view of modern Manila.

DAY 1 AFTERNOON

Tucked away down a narrow street, walking distance from San Agustin, is a completely different slice of Intramuros' history: the Destileria Limtuaco (limtuaco.com/home.html), the oldest and largest distillery in the Philippines.

Destileria Limtuaco has operated since 1852 and the stone and wooden building opened to the public in 2018 to become the newest museum in Intramuros as well as the most unique and fun.

Visitors can indulge their senses with the display of memorabilia showcasing the Limtuaco family's five-generation heritage as distillers along with the rare opportunity to taste not only a vast array of spirits but also renowned local tipples like sugarcane wine, mango rum and the Siok Tong, a style of Chinese herbal wine that has been brewed for over a century. The distillery, on San Juan de Letran St, is one of the five museums covered by the Intramuros Day Pass.

DAY 1 EVENING

Head over the Pasig River to the world's oldest Chinatown. Located in an area known as Binondo, Manila Chinatown's notable sights include the Filipino-Chinese Friendship Arch and the eye-catching grey and red 16th century Binondo Church.

DAY 2 MORNING

Manila is home to 16 shopping malls. One of the biggest and best is the SM Mall of Asia (MOA) located adjacent to Manila Bay. Here you can not only shop till you drop but also skate on an Olympic-size ice rink, choose from numerous international cuisines in the food hall, and hit the enormous games arcade on the top level for bowling, archery, table tennis and pool tables. As for retail therapy, virtually every international brand has an outlet as well as many local brands.

At morning teatime, make your way to MOA's huge roof deck for the sumptuous selection of pastries and cakes with a bird's-eye view of the Manila Bay area. The deck is undergoing a redevelopment that will offer even better vistas of the bay and city, plus a lavish play area encompassing a dog park, amphitheatre, meditation space, professional-sized football pitch and more.

DAY 2 AFTERNOON

Dial back the pace by heading to historic Rizal Park. The 58-hectare domain, located on Roxas Boulevard opposite Manila Bay and bordered on one side by Intramuros, is the city's largest park. Neatly divided into sections, it is home to three major museums, an auditorium, public spaces and six ➤



gardens, including Japanese and Chinese, plus an Orchidarium and butterfly pavilion.

DAY 2 EVENING

Devote the late afternoon and early evening to appreciating a spectacular tropical sunset over Manila Bay from The Admiral Hotel MGallery’s rooftop bar, Coconut Grove. The 1939-built Admiral Hotel, located bayside on Roxas Boulevard, is a Manila institution with a past harking back to the city’s pre-war Golden Age.

When the sun dips below the horizon, stroll through the glass doors behind the bar for dinner in The Admiral Club restaurant. But the night does not end here. Ride the elevator to the ground floor lobby, find the ‘secret’ door disguised as bookshelves, and descend the winding staircase to Ruby Wong’s Go Down, a glamorous Prohibition era-style speakeasy with a bar run by award-winning mixologists.

DAY 3 MORNING

Devote most of the day to exploring the modern Makati District, Manila’s financial district where skyscrapers loom above some of the most impressive green spaces and pedestrian areas found anywhere in Asia.

The Greenbelt’s Glorietta Mall serves a dual purpose, being a complex of five shopping halls with a metropolitan oasis of gardens perfect for a relaxing stroll and respite from Manila’s relentless pace.

This mall is the place to come for designer fashion while Filipino designer wares can be found in hall five. International brands feature heavily in the Shangri-La Plaza retail strip and the Power Plant Mall.

The Greenbelt is home to the excellent four-level Ayala Museum. It’s worth a visit for a comprehensive overview of the pre-colonial and colonial Philippines, and features wonderful examples of Filipino art and artefacts.

DAY 3 AFTERNOON

Snack like a local at Mercato Centrale in Bonifacio Global City. The sprawling set-up filled with food stalls is like Singapore’s hawker markets and a terrific place to try traditional Filipino street food treats like *taho* – a delicious cake of soft tofu, caramelised sugar, tapioca pearls and syrup often eaten



A horse-drawn carriage outside one of Manila’s many Baroque-style churches (top); Fort Santiago (above).

for breakfast – and *kwek kwek* – deep-fried quail eggs served with dipping sauce.

DAY 3 EVENING

Spend your final night strolling around the hipster ‘hood of Poblacion. Located in south Makati, the former rundown suburb has emerged from a period of gentrification as Manila’s most fashionable, happening and lively locale.

When darkness falls, Poblacion (Pob for short) comes alive as tourists and locals seek out its craft breweries, live music venues, atmospheric cocktail bars like the speakeasy Run Rabbit Run (runrabbit.run) and elegant rooftop eateries overlooking the city skyline such as Antidote, which crowns the I’M Hotel (imhotel.com).

Poblacion’s multitude of top-notch themed gastro pubs offer dazzling interiors and food to match, choices encompassing everything from Filipino, Mexican and Costa Rican cuisine to all-American frothy milkshakes and fried chicken at 50’s style neon-lit US diner Filling Station (sites.google.com/view/fillingstationbarcafe). ■

 **Air Niugini flies from Port Moresby to Manila four times a week. See airniugini.com.pg.**

PLACES TO STAY

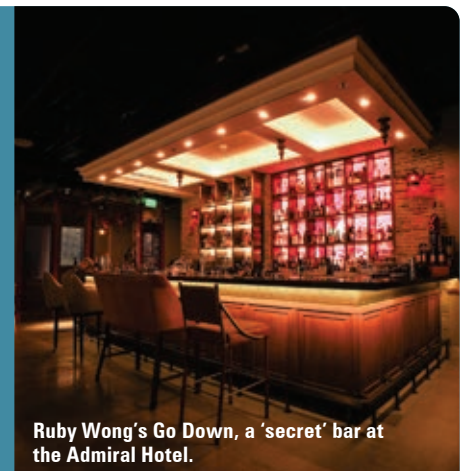
ADMIRAL HOTEL MANILA – MALLERY

Just 25 minutes from the airport, the historic hotel sits directly opposite Manila Bay in proximity to all sightseeing highlights and major malls. The rooftop infinity pool and cocktail bar overlook the bay, elegant artistic lobby, restaurant, cafe and there is an excellent spa. From PGK540 a night.

admiralhotelmanila.com

CITY GARDEN GRAND HOTEL MAKATI

Overlooking a busy downtown intersection, this five-star high-rise hotel is a short walk to the Hulo ferry terminal and the Ayala Triangle



Ruby Wong’s Go Down, a ‘secret’ bar at the Admiral Hotel.

Gardens, and three kilometres from the Manila Golf & Country Club. Suites with separate lounge rooms are available. From PGK293 a night. citygardengrandhotel.com





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HOTEL REVIEW: QT SINGAPORE

Tel +65 6701 6800, 35 Robinson Road, Singapore, see qthotels.com

WHO STAYS? Guests include a mix of smartly dressed business and leisure travellers.

HOW BIG? 134 rooms and suites.

COST From SGD391 (about PGK1185) a night (member rate, join for free).

CHECK IN/CHECK OUT 3pm/11am

HIGHLIGHTS The sixth-floor rooftop pool (pictured) and bar are a standout. The glamorous pool with patterned tiles is a good size while the bar is perfect for a pre-dinner cocktail (happy hour is 4–6pm) with the city skyline as a backdrop.

NEARBY The hotel is close to Chinatown and the CBD, and a 15-minute drive to Orchard Road. Feeling peckish? Stroll to the 130-year-old Lau Pa Sat market or Stanley St eateries and bars.

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

*Rooms with breakfast rates available.



LOCATION

You will never be hungry here. As well as having its own eateries, the hotel is across the road from Lau Pa Sat hawker food market. It's a six-minute walk to Telok Ayer MRT station and about 25 minutes' drive to Changi Airport.

THE PLACE

Housed in the former 1927 Eastern Extension Telegraph building, the hotel has an impressive historic facade. Inside, the narrow monochromatic lobby has a high ceiling with skylights that channel light into the building. The lobby cafe and restaurant are decked out in art deco style. The refurbished hotel has been recently taken over by QT Hotels and Resorts (the first QT hotel outside Australia).

ROOMS

The rooms (ranging from deluxe king size to balcony suites) are capsules of art deco elegance with soaring ceilings creating a welcome feeling of space. Beds are very comfortable and there's a decent workspace set-up. A built-in oriental cabinet with vintage-style wallpaper holds a Nespresso coffee machine, Bodum kettle, pretty crockery, DIY cocktails and a minibar. An easy-to-use tablet controls lighting and curtains, and you can play your own music through the Bose speaker. Bathrooms include rain showers, Kevin Murphy toiletries and Dyson hairdryers. Tip: opt for

a city view rather than an atrium one. The upper rooms are brighter and top-of-the-range balcony suites are an indulgent option. Interior design is by Nic Graham and the EVT design team.

FOOD AND DRINK

Cygnnet, a New York-style steakhouse, is helmed by Australian chef Sean Connolly. It's difficult to go past the steak frites. For those who want to splash out, there's a choice of meat cuts from the 'steak library'. The open kitchen (chef Connolly was there during my visit) is another attraction. The two-course lunch deal for SGD58 is the best value. Snacks are available in the lobby cafe and at the rooftop bar.

WHAT GUESTS LIKE

"We stayed in a balcony suite, which was very impressive." – TripAdvisor

"Location is tremendously convenient. If you have light luggage like us, the MRT from the airport took 30 minutes and (then) a seven-minute walk." – TripAdvisor

"The staff were top-level amazing, the kind gestures, tourist advice and assistance made our short stay one to remember." – Booking.com

 **Air Niugini flies from Port Moresby to Singapore four times a week. See airniugini.com.pg.**





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The Papua New Guinea Chamber of Resources & Energy (PNG CORE) is a non-profit, leading industry association, representing the resources and energy sectors, along with related industries in Papua New Guinea.

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HOTEL REVIEW: LOLOATA ISLAND RESORT PNG

Loloata Island, Central Province. Tel. +675 7108 8000, see loloataislandresort.com

WHO STAYS? A popular weekend destination for families living in Port Moresby and a top weekday choice for corporate retreats and events.

HOW BIG? 68 suites and villas, set overwater or on the oceanfront.

COST From about PGK750 per night for an oceanview room with a king bed.

CHECK IN/CHECK OUT 2pm/10am

HIGHLIGHTS The Loloata Island trail (around 30 minutes) for superb 360-degree views of Bootless Bay, the mainland and even some wallaby sightings.

NEARBY Loloata Island is one of four islands in Bootless Bay, about 15 kilometres southeast of Port Moresby. The resort has a fully equipped dive shop, and fast boats can take visitors to 29 dive sites surrounding the island.

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



LOCATION

The Loloata Island Resort jetty is a 20-minute drive from Jacksons International Airport or a 30-minute drive from downtown Port Moresby. A ferry travels to Loloata and back five times each day, taking around 15 minutes to make the journey one way.

THE PLACE

The resort is ideal for a short break from Port Moresby, offering a laidback Pacific island-style getaway just a short journey from the city. Activities include relaxing by the sea or pool, doing some diving, snorkelling or kayaking, walking the island trail (recommended at sunrise), and even coral planting. The property offers complimentary Wi-Fi as well as a spa, a small gym and three conference rooms. Golf carts are available for travel between guest rooms and the main building.

ROOMS

All rooms offer views of the ocean, and some are built over the water. The overwater suites offer decks, including (in most cases) an outdoor shower. These spacious east-facing decks are perfect for getting up early to watch the sun rise or for relaxing at day's end while listening to the waves lap gently against the shore.

FOOD AND DRINK

The resort's spacious open-air restaurant is located poolside and offers views out to the bay and the Owen Stanley Ranges. Open throughout the day, it has a wide-ranging buffet breakfast and a lunch and dinner menu with something for everyone, including barramundi, seafood, pizzas, burgers, salads, and several Indian and vegetarian dishes. In-room dining is available 24 hours a day.

WHAT GUESTS LIKE

"An idyllic island resort with all resort comforts including restaurants, bar and spa, pool, dive facilities, kayaks. Nice sea breeze, ocean views." – Booking.com

"Amazing experience. A true getaway from the busy lifestyle in the city. Pool was great, sunrise and sunset couldn't get better." – TripAdvisor

"Great place, great location, decent food. Luxury resort near a city with hardly any other alternative for quality/views." – Trivago





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www.irc.gov.pg

TIME TRAVELLER

Boys in the band, 1977

The Papua New Guinean band Sanguma formed in 1977 and became an instant hit, playing a blend of traditional Papua New Guinean and Western music, incorporating modern amplification with bamboo flutes, drums, trumpets and more. The ensemble toured in PNG and overseas, including Japan, Germany, Australia and the US, where it played at the New Orleans Jazz Festival. Sanguma released six albums in cassette format before disbanding in 1985. The band members were students at the National Arts School and included Tony Subam, Sebastian Miyoni, Thomas Komboi, Raymond Hakena, Paul Yabo, Buruka Tau, Apa Saun, Aaron Murray and Leonard Taligatus.

If you have a photo that may be suitable for Time Traveller, email paradise@businessadvantageinternational.com.



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ALMANAC

Belinda Jackson rounds up some of the key events taking place at Air Niugini destinations this year.

2025

FEBRUARY

CAIRNS MEGANESIA

February

A new contemporary and traditional dance collaboration between PNG and First Nations Australian artists celebrates the ancient connection and the creation of new.

gabamusik.com.au

SINGAPORE CHINGAY PARADE

February 7–8

Singapore's cultural heart is on show in one of Asia's largest street festivals, with costumes and floats representing a multitude of ethnic communities. The annual event ties in with the city's Lunar New Year festivities, this year welcoming in the Year of the Snake.

chingay.gov.sg

PNG HIRI MOALE

February 24

The seafaring feats of the Motu people are the focus of this festival, celebrating their large sailing canoes, the *lakatoi*, in which they would set out on Hiri trading journeys for months in the Gulf. Highlights include canoe racing and the crowning of the Hiri Queen, chosen for her knowledge of traditional Motuan culture.

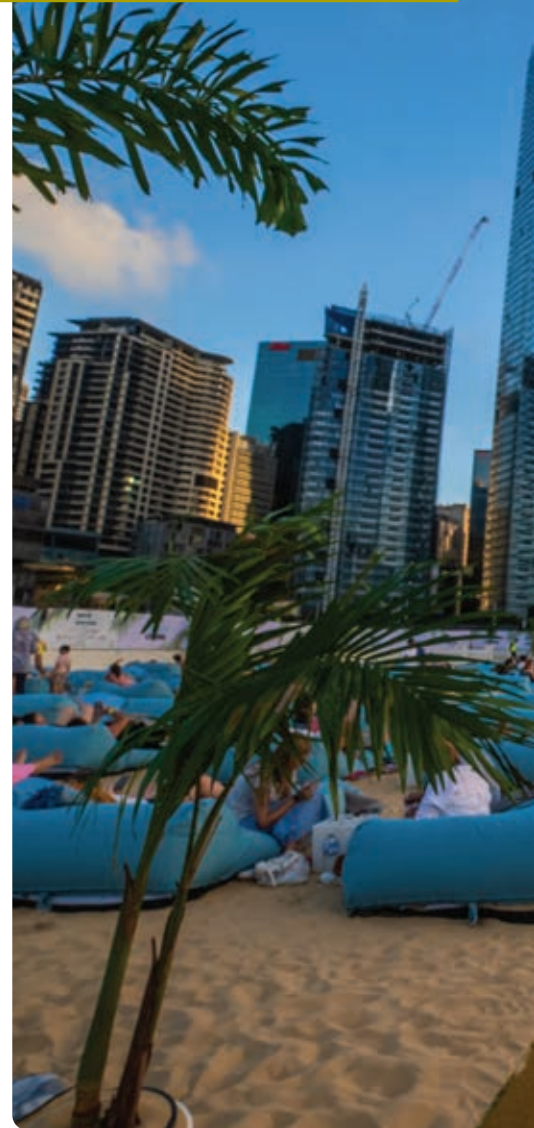
papunewguinea.travel

SYDNEY MOV'IN BED OUTDOOR CINEMA

Until March 23

Pull up a mattress at the world's largest bed cinema, showing big-screen movies at Sydney's Barangaroo district. Tickets range from the cheapest bring-your-own beach towel up to the VIP mattress with sparkling wine and butler service.

movinbed.com





Sydney's outdoor bed cinema (above); the PNG Hunters in action (left); Queensland's tropical food festival (below).



BRISBANE BLUEY'S WORLD

Until September

The world's favourite blue dog is setting up shop exclusively in Brisbane, as Bluey's World takes over the city on an immersive experience. Kids can explore the house and play games from the hit TV show.

bluey.tv/blueys-world

MARCH

BRISBANE HOSTPLUS CUP

Until September

Catch the PNG Hunters in action in this hard-fought Queensland rugby league competition, which starts in March and culminates in the grand final in September. All eyes will be on Hunter player Judah Rimbu, who was named 2024 QRL Hostplus Cup Player of the Year.

pnghunters.com, qrl.com.au

PNG INNOVATION PNG 2025

March 27–28

The best of new tech, creative solutions and innovative thinking from PNG and overseas takes place at this conference and expo at the Stanley Hotel in Port Moresby, with a focus on harnessing AI, cybersecurity and funding innovation.

innovationpng.com

CAIRNS FEAST OF THE SENSES

March 27–30

Arrive in Innisfail, an hour south of Cairns, with a curious and empty stomach for Queensland's best tropical food festival. It embraces the region's many cultures and the town's renowned art deco architecture, with food trails, markets, classic cars and cooking demonstrations.

feastofthesenses.com.au

HONG KONG HONG KONG SEVENS

March 28–30

The Hong Kong Sevens moves to its new home, the brand-new Kai Tak Sports Park, for its annual, three-day thriller of rugby and entertainment. The tournament sees teams from Australia to Argentina, Fiji to France, in the women's and men's playoffs.

hksevns.com ➤



APRIL

PNG BUNDI KOMBA FESTIVAL

April 9–11

Komba, the fruit of the red marita pandanus, is celebrated in the remote Momase region of Madang Province. See the Bundi Burning Head Dancers perform, along with dancers from surrounding villages. All funds raised support health outreach and local infrastructure, while preserving and sharing local traditional knowledge.

papuanewguinea.travel

PNG NATIONAL GAME FISHING TITLES

April 12–20

Kopoko, in East New Britain Province, hosts the 2025 National Game Fishing titles, the 48th year for this annual competition. Teams of anglers compete over nine-days, with events including the Billfish Shootout, competing for the heaviest billfish, which can grow over four-metres long.

pmgfc.fish

MAY

BRISBANE NRL MAGIC ROUND

May 1–4

Hear the roar from Suncorp Stadium as the biggest rugby league festival comes to town for this four-day marathon. Watch 16 women's and men's clubs go head-to-head.

nrl.com

HONG KONG CHEUNG CHAU BUN FESTIVAL

May 3–6

This four-day Taoist festival started as a celebration for the end of a plague on Hong Kong's Cheung Chau Island, coinciding with the celebrations of the Buddha's birthday. Featuring vegetarian foods, paper gods and dragon dances around the Pak Tai Temple, and towers covered in lucky steamed buns.

cheung-chau.com

PNG TUMBUNA FESTIVAL

May 16

More than a dozen tribes in full *bilas* (tribal dress) gather at this show held at Rondon Ridge, near Mount Hagen in the Western Highlands. The small *sing-sing* sees about 15 tribes gather to celebrate *pasin bilong tumbuna*, the way of the ancestors.

pngtours.com

FIJI OCEAN SWIM FIJI

May 19–23

Five days, three swims, no worries. Book a swimcation – that's a swimming holiday – spent in the azure waters of Fiji's Mamanuca Islands.

oceanswimfiji.com

PNG SHARK CALLING FESTIVAL

May 27–29

The custom of shark calling has been practised on the New Ireland west coast for generations. After initiation and purification rituals, villagers of Messi, Kono and Kontu sing and rattle coconut shells to lure sharks – said to hold the spirits of their ancestors – capturing the great hunters with their bare hands.

newirelandtourism.org

PHILIPPINES LA LOMA LECHON FESTIVAL

May

The Philippines' iconic dish is a whole suckling pig roasted over charcoal, celebrated in this annual festival held in Quezon City, in Manila. Expect parades, cooking competitions and even a fashion parade of *lechon* dressed in their finest costumes.

philippines.travel



Taking the plunge in Fiji's ocean swim (main); suckling pig at the Lechon Festival in the Philippines (above right); game fishing in PNG (right); the Tinakula Festival in the Solomon Islands (far right); PNG's National Mask and Warwagira Festival (far right below).





JUNE

SINGAPORE iLIGHT

May 30 to June 22

Discover dramatic light installations by Singaporean and international artists at Singapore's sustainable light festival, at Marina Bay. iLight aims to bring beauty and awareness of the way people can adopt energy-saving habits in their day-to-day lives.

ilightsingapore.gov.sg

JULY

SOLOMON ISLANDS TINAKULA FESTIVAL

July

The easternmost Temotu Province is a mix of Polynesians and Melanesians, and its culture, heritage and traditions are the focus of this festival, now in its third year. Held in Honiara, it is a rare glimpse of this unique culture.

visitsolomons.com.sb

PNG NATIONAL MASK & WARWAGIRA FESTIVAL

July 9–11

Promoting and preserving PNG's culture of masks is the anchor of this nationally significant festival, held in Rabual, in East New Britain Province. Fire dancing, singing and storytelling start with the traditional Kinavai ceremony marking the arrival of the Tolai tribe to the province and exchange of *tabu* (shell money).

papuanewguinea.travel

VANUATU LE TRAIL PACIFIC

July 19

Held on the island of Efate, this trail running competition has a route that crosses the wild and unspoiled jungle of Vanuatu. Each year, the bush is made accessible to all to enjoy Vanuatu's wilderness over races of varying lengths, from 8 to 21 kilometres.

letrailpacific.com

PNG NATIONAL REMEMBRANCE DAY

July 23

Remembering those Papua New Guineans who have died in military service, the day marks the first time PNG soldiers fought on home soil, on July 23, 1942, fighting a Japanese invasion at Awala, in the Kokoda region.

papuanewguinea.travel ➤



AUGUST

PNG SEPIK RIVER CROCODILE FESTIVAL

August 5-7

Held in remote Ambunti, East Sepik Province, the festival honours the wily freshwater and saltwater crocodiles found in the mighty Sepik River. A symbol of strength, power and manhood, skin-cutting initiations continue in the region, where men's skin is scored from shoulder to hip to mimic the revered reptile.

papuanewguinea.travel

PNG ENGA SHOW

August 8-10

Thousands gather in their tribes to preserve their traditional culture, joining in a mass *sing-sing* that is the highlight of this event held in Wabag, in Enga Province. Witness initiation and marriage ceremonies, traditional crafts and exotic orchid displays from the forests of Enga.

engashow.com

PNG PAIYA SHOW

August 15

This mini-show is held in Paiya village just before the big Mount Hagen Show, with 12 tribes gathered for a one-day *sing-sing* to celebrate Highlands culture. Groups such as the Asaro Mudmen, Skeleton Spirit Dancers from Simbu and the Huli from Hela dance while a Highlands *mumu* (earth oven) feast is prepared.

papuanewguinea.travel

PNG MOUNT HAGEN SHOW

August 17-18

PNG's best-known *sing-sing* has been bringing together cultures from all over the country since 1961. Tribal rivalries are channelled into body decorations, singing, dancing and elaborate costumes, to win coveted awards and delight the audiences with PNG's rich culture.

papuanewguinea.travel



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PNG PNG OPEN

August

There's more than A\$1 million in prize money up for grabs in the PGA Tour of Australasia, which includes the PNG Open golf tournament, one of nine events held in PNG, Australia and New Zealand. Running in PNG since 2016, the event tees off at the Royal Port Moresby Golf Club.

pga.org.au

FIJI HIBISCUS FESTIVAL

August 31 – September 7

The Fijian capital of Suva's long-running Hibiscus Festival is a celebration of traditional music and food, parades and dance competitions, culminating in the crowning of Miss Hibiscus Queen.

fiji.travel >

PNG's Enga Show (opposite); Fiji's Hibiscus Festival (left).



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SEPTEMBER

VANUATU FEST'NAPUAN**September 4–6**

Groove to reggae, Melanesian fusion, string band, roots and Pacific pop at Vanuatu's biggest cultural event. In 2025, performers from Vanuatu, Melanesia, Australia and New Zealand will line up on stage in Port Vila, with food and *kava* stands and a family-friendly vibe at the free festival.

facebook.com/festnapuan

PNG MALAGAN CULTURAL SHOW**September 15–19**

The rich tradition of Malagan carving is a highlight at this newly revived festival, which marks the 50th anniversary of PNG's independence. The art and culture show will be held at Mapua on Tatau Island, the most central of the isles in the Tabar Group of Islands, in New Ireland Province.

newirelandtourism.org

PNG PNG INDEPENDENCE DAY**September 16**

On this day, PNG celebrates 50 years of independence, marking its creation as a state independent from Australia, in 1975. Festivals, shows and fireworks are scheduled around the country for the country's golden anniversary.

papuanewguinea.travel

**PNG GOROKA SHOW****September 19–21**

Since 1957, the thunder of the *kundu* (drums) has heralded PNG's oldest *sing-sing*, held in the capital of Eastern Highlands Province. Join in for a fabulous display of dancing, singing and design from men's and women's groups representing over 100 tribes.

papuanewguinea.travel

PNG BOUGAINVILLE CHOCOLATE FESTIVAL**September 23–25**

Got a sweet tooth? Join cocoa farmers and chocolatiers for three delicious days of chocolate treats and fun in Buin, South Bougainville. The event also has a serious side, with PNG, Australian and New Zealand governments and NGOs supporting local farmers and the global recognition of Bougainville cocoa.

facebook.com/bougainvillechocolatefestival ➤



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Grooving at Fiji's Fest' Napuan (above); dressed for the Goroka Show (right).



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Four days of country music will be performed at Savannah in the Round in Queensland.

OCTOBER

CAIRNS SAVANNAH IN THE ROUND

October 9–12

Head inland for an hour from Cairns for four days of the biggest names and best country music performed on three stages. Stay for the day or book a campsite or glamping tent and keep the party going.

savannahintheround.com.au

SOLOMON ISLANDS BONFIRE MUSIC FESTIVAL

October 20

This music festival is now in its third year and sees musicians from as far afield as PNG and Vanuatu performing alongside established and emerging local artists. Held in Honiara, this event lets you dance to Melanesian melodies and see the best of the Solomons' DJs at work for a high-energy day that supports local businesses.

facebook.com/bonfireentertainment677

PNG MOROBE SHOW

October 25–26

Lae Showground in Morobe Province is once again the host for this annual show, now in its 62nd year. The show starts with a *sing-sing*, before moving to its champion livestock, vibrant floral displays and agricultural competitions.

morobeshow.org

NOVEMBER

HONG KONG TASTE AROUND TOWN

October 28 – November 30

Hong Kong dedicates a whole month to great food and drinks, with nearly 400 restaurants and bars offering discounts, a themed menu and Hong-Kong inspired cocktails around the harbour city.

discoverhongkong.com

PNG KENU & KUNDU FESTIVAL

November

Canoes (*kenu*) and drums (*kundu*) are the soul of this long-running annual festival, held in Alotau in Milne Bay Province. Watch as the dramatic flotilla of canoes sails into Alotau for the opening ceremony, and see traditional and contemporary drama performances and string band competitions.

papuanewguinea.travel

DECEMBER

SYDNEY CHRISTMAS LIGHTS

Sydney's The Rocks district lights up over the Christmas season, its cobbled streets and market stalls lit by fairy lights. Take a selfie in front of the gigantic Christmas tree in Martin Place and carol your heart out in the botanic gardens at the long-running Carols in the Domain with some of Australia's biggest artists.

sydney.com ■





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PNG *Mary Tao* was at the runway to see some of the country's most exciting designs.

FASHION WEEK

Papua New Guinean designers showcased their collections on the runway at PNG Fashion Week late last year. The show, featuring 11 of the country's most exciting designers, was at Port Moresby's APEC Haus.

It included elaborate gowns, exquisite headpieces, bold motifs and striking ensembles.

However, it was also clear that designers are moving toward fashion items that are customer friendly, comfortable, casual, and can be worn straight off the shelf.

Designers had the opportunity at the show to tell their stories, reinvent traditional attire and to honour their land through their unique collections.

Self-taught tailor William Maba Bray won the title of designer of the year, PGK10,000 in prize money and the opportunity to show his MABAS Collection at the prestigious Fiji Fashion Week in May.

"It's a dream come true to display my collection on an international runway," he says. "I never expected that I could come this far. I have realised, since winning the award, that it's not all about me, now I am representing PNG. I'm so happy I'm a Papua New Guinean."

Bray's collection of bridal, spring and evening wear may not meet the brief of everyday dress, but it expresses his bold style.

"My theme colours were black, white and silver grey," he says. "Most of the glitter and glowing beading you see on the garments are CDs I cut into small pieces. I pasted them (on the garments) to give a luxurious and high-fashion vibe."

But perhaps what he has become most recognisable for are his elaborate headdresses, made from coconut-leaf broomsticks, shells and feathers, which can stretch out to over a metre tall. This collection's headdresses are an ode to Bray's childhood growing up by the sea with his late fisherman father, and his late grandmother. Bray's grandmother was a seamstress, and he credits her for inspiring him to learn how to sew at the age of eight. ►



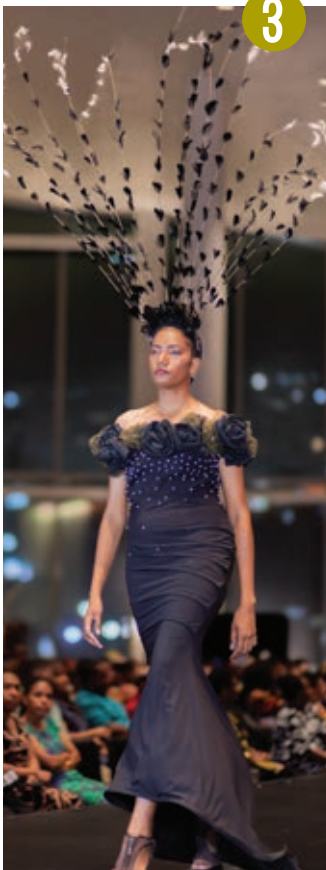
PICTURES: LENNOX MATAINAHO

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3

- 1 Chrizildah Kilik shows off an outfit designed by Linda Pius.
- 2 3 Designs by William Maba Bray, who won designer of the year.
- 4 Air Niugini CEO Gary Seddon presents the top designer award to William Maba Bray.
- 5 6 Traditionally inspired designs by Yaom Judith Buseng.



4



5



6



“

Every time I make a garment, I put my emotions into it and the love I have for fashion.

”

“Every time I make a garment, I put my emotions into it and the love I have for fashion. The garments I make are not just pieces, those are stories,” says Bray.

Also recognised for their creativity and craftsmanship were rising star and emerging designer of the year Vari Tau, textile designer of the year Hilda Mondo, and innovative designer of the year Warren Lumbia.

Other designers to show their collections included Stephanie Tukavai, Yaom Judith Buseng, David Rei Kila-Pat, Heai Ugava, Linda Pius, Dylan Yaruso and Bathsheba Wari.

International guest designers (whose collections were not judged) included New Zealander Kiri Nathan and Fijian Temesia Tuicaumia.

It wasn't just the fashion collections that were in the limelight on the runway. The 47 models who were chosen from 1700 applicants had the chance to show their talents.

The top-model prize went to Incennea Minz, a 25-year-old university student from East Sepik and New Ireland. She will join Bray at Fiji Fashion Week to walk the runway there.

Air Niugini is a major sponsor of PNG Fashion Week, which will be staged in Port Moresby again on September 17–20.

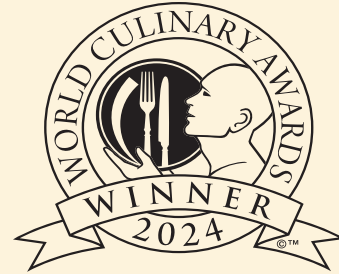
The show's founder and manager is Philma Kelegai, who is at the forefront of PNG's growing fashion and modelling industry. ■

See pngfashionweek.com.

7 9 Designs by Stephanie Tukavai.

8 Top model Incennea Minz wearing a dress by New Zealand designer Kiri Nathan.



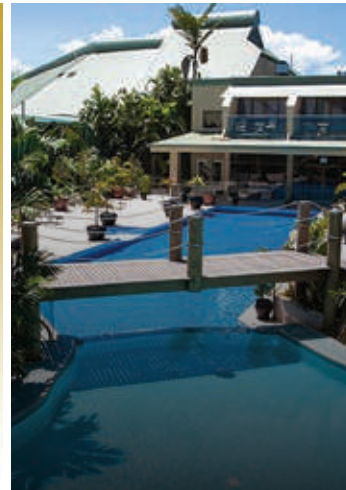


Papua New Guinea's
Best Hotel Restaurant

Salt Restaurant at Ela Beach Hotel named PNG's Best Hotel Restaurant 2024.

The prestigious award was presented to Salt Restaurant by the World Culinary Awards. Achieving this level of recognition is a remarkable honour and reflection of the team's passion for quality food and warm hospitality.

Since opening its doors in February 2021, the team at Salt have continuously strived for excellence providing customers and patrons the best hospitality experience Melanesia has to offer.



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Grand Papua Hotel and Gateway Hotel were awarded their prestigious titles in December 2024. Safehotels is about passion for hotels and the highest standards of safety, security and hygiene for all guests and patrons. Standards are independently set through a world-leading Certification program, including on-site assessments by experts with years of knowledge and understanding of hotels across the globe.

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ARTISTIC VISION FOR PNG

Mary Tao reports on the Akis Art Prize, a competition that asked artists young and old to imagine PNG in the future.

More than 2000 original works of art were submitted to the Akis Art Prize competition last year. The theme of the competition, organised by the Art Society of Papua New Guinea, was *Looking Forward – Dreams & Aspirations for the Future of Papua New Guinea*.

“Art is a really powerful tool for social commentary,” says the society’s founder

and director Lani Auvita Scott. “It allows us to capture the sentiment of the day by observing how different people understand and express themselves around a certain subject.”

There were four divisions in the competition – the Akis Art Prize, the people’s choice award, the youth section and the junior section.

To ensure that as many school children participated as possible, reams of A4 paper were sent to every school in the country with a return postal address, along with information about the competition. This resulted in entries from all 22 provinces in PNG.

The winner of the junior category, Ngaire Leka, 10, already has clear views of what her ideal society looks like. Her biro drawing on

paper, *Unreachable Future*, is filled with the different faces of social institutions coming together in one place, holding up banners saying what they want for the country.

In her submission, Leka explained her drawing: “... in the future I want to see a clean PNG. I want us to preserve our culture and still see our people celebrating our cultural days. I want a country that has an economy dependent on agriculture. I want to see peace, not war, I want to see many churches in the area where tribal wars and crime exist ...”

Thinking outside the traditional confines of art was youth prize winner, Brooklyn Olearavungkea Stegman, 15. Stegman’s *Taku Tabu* (meaning ‘one family’ or ‘united as one’ in Bola language, West New Britain Province) is a digital art drawing. ➤



4



Major prize winner: Abednego Miori's *Seeker of the Promises*.

- 1 Governor Powes Parkop and Joseph Akis at the Akis Art Prize award night and exhibition opening.
- 2 Junior winner Ngaire Leka with judge Dr Michael Mel.
- 3 Youth prize winner Brooklyne Olearavungkea Stegman.
- 4 Art Society of Papua New Guinea director Lani Auvita Scott.
- 5 Winner of the Akis Art Prize Abednego Miori.
- 6 People's choice winner Dian Neah.

5



People's choice winner: Dian Neah's *Dreams of Tomorrow*.

6



Youth prize winner: Brooklyne Olearavungkea Stegman's *Taku Tabu*.



Junior prize winner: Ngaire Leka's *Unreachable Future*.



“My dreams and aspirations for the future of Papua New Guinea are that we are better educated on the culture of our fellow Papua New Guineans and that we learn to accept and apply our heritage, allowing for a more peaceful dynamic within our country,” Stegman said in her submission. “This is represented in my artwork by a young woman filled with inspiration from the pages of a book. I chose a blue-green colour pallet to represent nature and the earth, a yellow *kolos* (dress) to represent hope and a book to represent education and knowledge.”

Leka and Stegman each won PGK5000, and PGK5000 worth of art supplies for their schools.

Inspired by his four-year-old daughter, major prize winner Abednego Miori’s drawing took five weeks to complete.

In the drawing, the young girl is empowered by education, the country’s history and the principles established by PNG’s early leaders

“

Art is a really powerful tool for social commentary.

”

– and that is all encompassed in the book she holds in her right hand. The candle burning brightly in her left hand is a beacon of hope that both illuminates her and lights her path through the darkness surrounding her – the dark shading symbolising the challenges and uncertainties of the country.

After receiving his award, Miori encouraged aspiring artists to be creative and to share PNG’s unique culture and traditions through all artistic mediums.

“Our stories, our folklores, our legends, and our myths have to be narrated, within and

beyond our shores. The challenges facing our nation, the success and failures, the promises and the hopes that lie ahead, can only be told and demonstrated in the work that we do as artists.”

The works were judged by experts including Dr Michael Mel, director of the Melanesian Institute of Arts and Culture, and Skinder Hundal, a filmmaker and former global head of arts of the British Council.

The PGK10,000 people’s choice award, decided by votes cast on social media, was won by Dian Neah’s *Dreams of Tomorrow*.

The prize is named in honour of Timothy Akis, one of the country’s pioneer contemporary artists. His children, June and Joseph, were among the art supporters gathered at the winners’ presentation night and the opening of an exhibition that showed the works of the 30 finalists from October to December at the National Museum and Art Gallery in Port Moresby. ■

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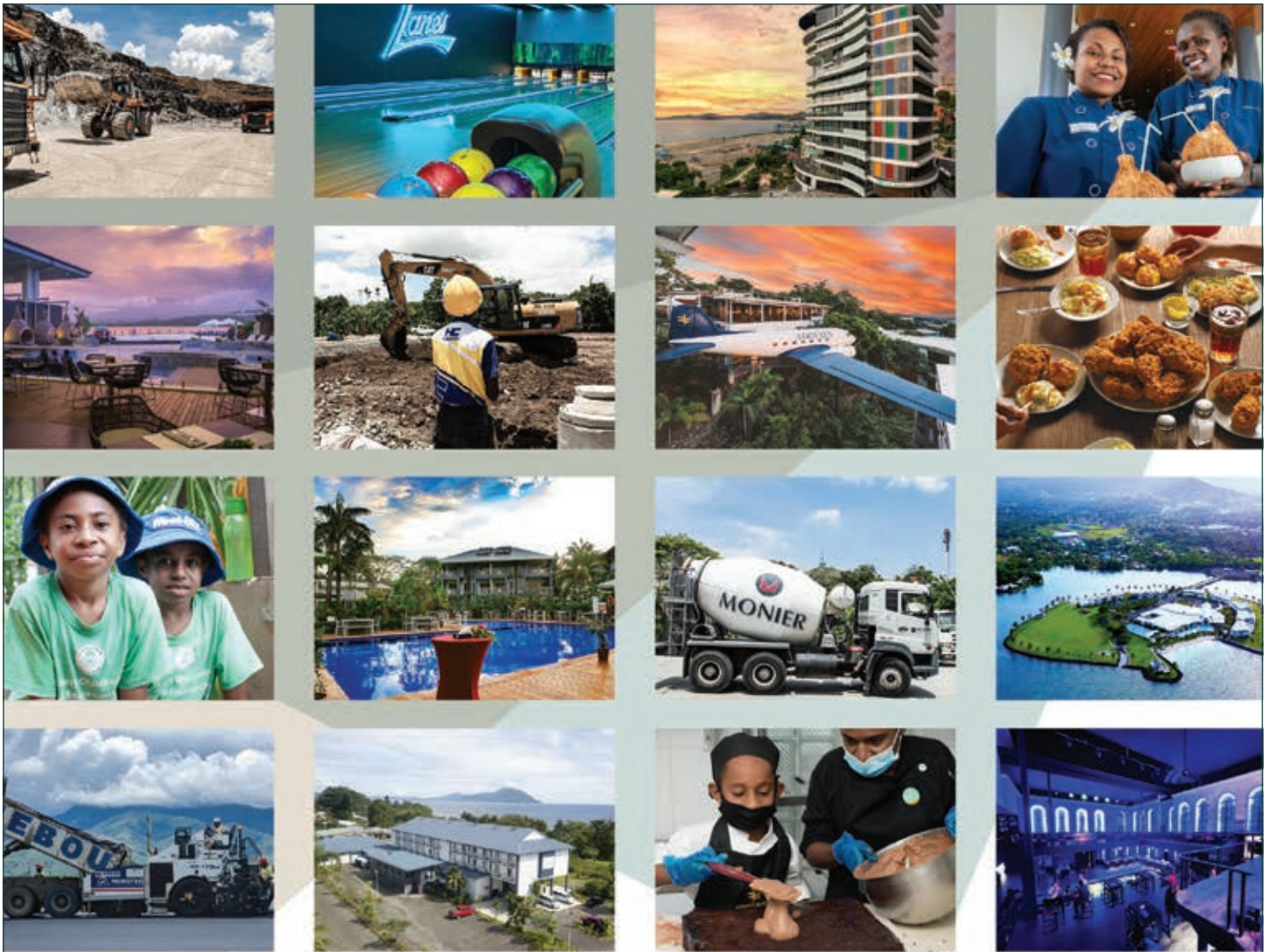
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All aboard

The National Kenu and Kundu Festival has returned, and traditional PNG sailing practices are being revived thanks to two brothers who have started a canoe school. *Alley Pascoe reports.*



Full sail at the National Kenu and Kundu Festival at Alotau (main); sailors Sanakoli John (with bag), Thor F. Jensen and Justin John (left); Sanakoli John (below).



“

Sailing is in his bones; salt water is in his veins. He was taught to sail by his father and uncles, and now he is passing on this knowledge to the next generation.

”



After a four-year hiatus brought on by COVID-19, the National Kenu and Kundu Festival returned to Alotau in Milne Bay last November.

The wind was up on the first day of the festival as the canoes arrived for the weekend event. The vessels seemed to cut through the water at an impossible speed.

Watching from the shore in the excited crowd was Master Sailor Sanakoli John from Basilaki Island.

“Don’t you get scared out there when the wind is so strong?” I ask. “No,” he says with a wide grin. “This wind is good wind.”

Sanakoli reads the wind like a book. Sailing is in his bones; salt water is in his veins. He was taught to sail by his father and uncles as a child, and now he is passing on this knowledge to the next generation with the Pasana Group canoe school, alongside his brother Justin, a renowned canoe builder.

Pasana Group is constructing a permanent house for the canoe school in Lumolumo village on Basilaki Island and actively engaging the youth to maintain and expand *sailau* (traditional sailing canoe) culture.

Pasana Group is also working with an Australian kayak tour company – Coral Sea Kayaking – to facilitate locally appropriate paddling tourism in Milne Bay.

Sanakoli has helped facilitate community engagement for the company’s 10-day ‘Beyond Borders Expeditions’, which explore the Louisiade Archipelago.

The Pasana Group built three *sailaus* last year and they are all here at the festival in Alotau. “I am very happy the festival is happening again,” says Sanakoli, who circumnavigated the island of New Guinea in a traditional sailing canoe with Justin and Danish adventurer Thor F. Jensen in 2017 in a world first.

“I’m so proud to be here with all the other villages and for people to see and experience our cultures,” he says.

At home and abroad, Sanakoli and the Pasana Group are leading a revival of traditional sailing practices and driving tourism in Papua New Guinea. “That’s what I do, I promote *sailaus* to bring more people to our province and our country,” says Sanakoli, who hopes to see the festival continue to grow and thrive.

The weekend-long festival is a true celebration of the nation’s culture, with traditional dancing, drumming, art and – of course – sailing. To mark the occasion, 86 *sailaus* and 42 *kundu* groups have travelled to Alotau to be part of the festivities. The main event is the canoe race across the bay. On the second day of racing, the Pasana Group canoes come in first, third and fourth.

On the last night of the festival, the documentary film *Sailau* – about the 2017 circumnavigation – has its PNG premiere. Thousands of people turn up to see the film, including the local *sailau* sailors.

Thor, the film’s director, says: “After a series of international film festivals, I was a little nervous to show the film in Milne Bay as this is the real test – whether the PNG audience will connect with the film and whether we’ve done justice to the sailing culture.”

Luckily, the audience were entranced by the film, laughing at the highs and gasping at the lows – applauding when Sanakoli declares on the big screen, “This is for our country, for PNG.”

Thor describes the festival as the greatest show on earth. “The traditional dancing and culture are just spectacular, and a testament to the hospitality and strength of tradition in Milne Bay,” he says.

The revival of the festival signals a resurgence in *kenu* culture and opportunities for tourism in PNG. The Pasana Group is working at this intersection to both preserve traditional knowledge and share it with international audiences.

After the festival, Sanakoli travelled to the Solomon Islands to meet with another oceanic voyaging group and to host a screening of *Sailau* in Honiara.

Air Niugini, the Grand Papua Hotel and Consort Express Lines were supporting partners of the film’s PNG premiere. ■

Traditional dancing at the festival (above left); a large audience watches the premiere of the *Sailau* movie (left).



WELLNESS

A common topic debated by exercisers is what to eat before and after working out. Is breakfast wise before that early morning run? Or will that hamper the fat-burning benefits of your sunrise session? And when and what should you eat following physical activity?

The answers to such questions aren't black and white. While proper nourishment is essential to support a fitness regime, experts say it's an issue dependent on individual preferences as well as the science.

Pre-workout: Simple, slow-release carbohydrates such as oats, pasta and toast are ideal, says endurance sports expert Nigel Mitchell. And it's fine to skip breakfast if your morning workout is around 20 to 30 minutes, although eating prior won't hurt



either. But if exercising for longer than 30 minutes, it is imperative to fuel up first and with the same sort of slow-release carbs. Stick to your regular portion sizes though. Larger meals before longer bouts of physical activity are unnecessary as research shows it is what rather than how much you eat prior that matters.

Post-workout: Dietitian Chloe McLeod advises eating within an hour after exercise. And not just protein either as widely believed. Healthy fats and carbs as well as protein will help avoid fatigue and build fitness and strength. ■



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Rebrand for popular restaurant

Kopi Haus restaurant at the Holiday Inn has a new name, a new menu and a new vibe. *Mary Tao* reports.

Holiday Inn Hotel & Suites has been a family-friendly accommodation for decades, surrounded by lush gardens and lots of amenities.

“Most Papua New Guineans come back because their parents used to bring them here. They have what we like to say a ‘staycation’, where you live in Port Moresby and you come here for the weekend,” says the general manager of secondment Belinda Jardim.

It’s main restaurant, Kopi Haus, established a loyal following over the years, known for its daily hearty buffets served at breakfast, lunch and dinner.

“

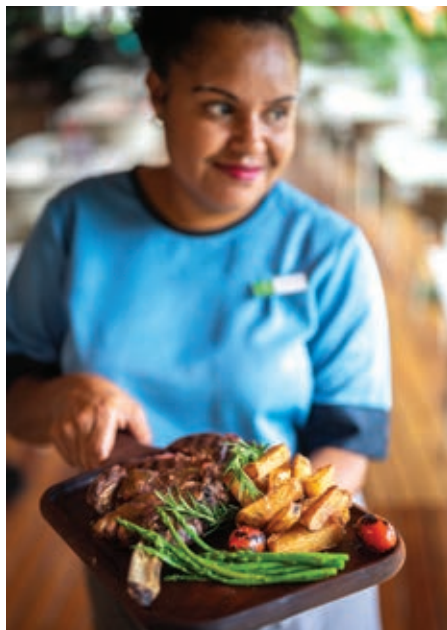
“Faya Haus presents an opportunity to try bold Papua New Guinean flavours with a mix of international cooking styles.”

”

Last October, the restaurant premiered its hot new revamp and is now called Faya Haus (Fire Haus).

There’s been a clear change of pace: from the introduction of the restaurant’s first-ever cocktail, Sweet Fire, for the fun night crowd to the view of chefs taking out thin-crust pizza right in front of you from the woodfired oven – the diavola is a popular order.

The a la carte menu has been enhanced by executive head chef Harald Rinderle, who



The new-look Faya Haus at the Holiday Inn Hotel & Suites (top); thin-crust pizza cooked in a woodfired oven (above); charcoal-grilled meat is one of the restaurant’s specialties (left).

sources the freshest produce for his kitchen from many small local farmers.

The meat platter is a perfect way to sample the range of charcoal-grilled meat available. It has rib eye on the bone, sirloin, lamb chops, wagyu steak with a choice of sides and sauces, one of which is the *marata* (the red fruit of the pandanus plant) barbecue sauce, an invention for Rinderle.

“Because we’ve come out of an older legacy, the old Kopi Haus, what Faya Haus presents is an opportunity for a lot of guests

to actually try bold Papua New Guinean flavours with a mix of international cooking styles, so it’s really good for a fusion as far as the experience and the culinary side,” says Hudson Mitchell, portfolio director of sales and marketing.

The restaurant and pool area can now be hired for private functions.

Faya Haus is open Monday to Sunday from 7am to 10.30pm. See fayahaus.com.





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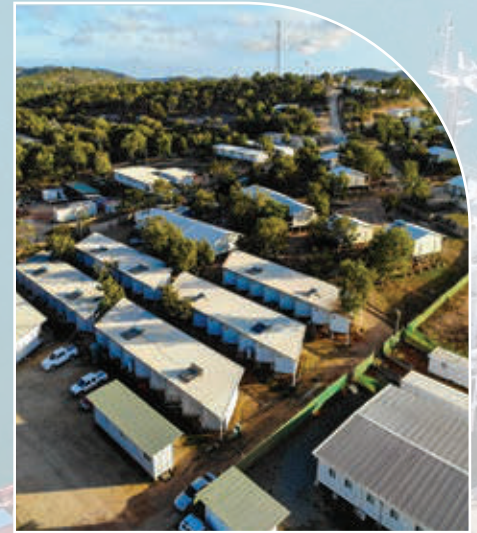
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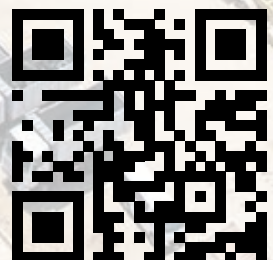


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KUROHAUS, PORT MORESBY REVIEW

Have you been to KuroHaus yet? There are lots of reasons for checking out Port Moresby's new Japanese eatery, which opened to much fanfare in the middle of last year. The first one is position. It's one of the main attractions of the iconic new Harbourside development (think Yolo!, RM Williams and, of course, the Marriott Hotel). Linked by a covered walkway to the established Harbourside waterside precinct, it offers plenty of secure parking.

Another reason is authenticity. It is hard to imagine a more Japanese restaurant in Papua New Guinea than this, from the stylish traditional fit-out (including wooden fittings and private booths) to sake (rice wine) and beers imported from the mother country.

There is also a separate takeaway window (Sushi Supreme) displaying a wide array of sushi ready for purchase, perfect for an office lunch.

But what of the food? The menu (presented on an iPad, no less) offers a full range of Japanese specialities, from donburi (rice dishes) to teppanyaki and noodles.

The mixed sashimi was good but that's nothing new in PNG, which boasts some of the world's best tuna. I particularly enjoyed the spicy salmon rolls and my go-to Japanese



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<https://lweeats.com/dining/kurohaus-japanese-restaurant>

OPEN:

Lunch 12–3pm, dinner 5.30–9pm, Tuesday to Sunday.

STYLE:

Japanese

PRICE:

Maki rolls PGK15–35, most mains PGK35–45.

OUR FAVOURITE DISH:

Chicken katsu curry.

IN A WORD:

authentic

dish, chicken katsu (breaded cutlet) curry with rice. Japanese curry has a distinct and complex flavour (but is not too hot) and a thick, stew-like texture. Though we didn't think to order any, the salads looked very appetising as they were whisked from the kitchen to neighbouring tables.

Finally, I was surprised how reasonably priced the food was, given the prestigious location. ■

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A FEAST OF PACIFIC GOODNESS

Innovative chefs and creative food enthusiasts from 11 countries across the Pacific have come together to contribute to *Eat Pacific*, the latest cookbook of award-winning New Zealand chef and television personality Robert Oliver.

The cookbook encourages Pacific Islanders to return to the healthy diets of their ancestors and for communities to practise food sovereignty – a system where farmers use sustainable practices to grow food suitable for the indigenous people, without the pressure of corporate influence.

The book is packed with the colours and flavours of 139 healthy yet affordable recipes, suitable for today's Pacific Islander wanting to learn how to cook their staple foods in exciting new ways.

The introduction of less healthy processed food and snacks to Pacific Islands has sometimes led to poorer diets.

"The key to good health still sits right in the Pacific backyard – in its farms, its gardens, its fabulous markets and in the rustic dishes that Pacific grandmothers cook. The answer lies in local cuisine," says Oliver in *Eat Pacific*.

Oliver's upbringing in Fiji allowed him to visit the bustling Suva food markets where he fell in love with food and the way it brings people together. In the same way, *Eat Pacific* has brought many contributors together. You can find notes from the Princess Royal of Tonga, Salote Mafile'o Pilelevu, and nutritionist Votausi Mackenzie-Reur of Vanuatu.

"Every country in the book has got essays and an introduction. I said to everyone, 'Write like you are just writing a love letter to your country.' We got such beautiful, heartfelt stuff," Oliver says.

Most of the recipes were created on the TV cooking show that the book is born out of, *Eat Pacific: The Pacific Island Food Revolution* cookbook. The program was first televised in 2019 and has since aired three seasons

Eat Pacific is a new cookbook based on a TV program and showcases simple, healthy and affordable recipes from the region.

Mary Tao reports.



The show follows teams of two representing Papua New Guinea, Fiji, Samoa, Tonga and Vanuatu. The challenges involve cooking with local ingredients but with contestants' own creative twists.

Creations on the show included the a pitpit and aibika quiche (see recipe next page), made by Joey Tau and Lee Anne Leong, who represented PNG in the show's third season.

"Us Pacific Islanders think quiche is a Western dish, we can't do it, but you *can* do it. You can use whatever you have, like seasonal vegetables. With the cost of living so expensive now, use what's available in your garden," says Leong, who has New Ireland, East New Britain, Northern Marianas and Chinese heritage.

Tau, who comes from Milne Bay and Central provinces, recalls fondly learning to cook in a clay pot, a traditional skill passed down from his mother.

"Food is quite crucial. It informs one's identity; it forms who you are, and it defines your lifestyle.

"This show reminds us of our roots as Papua New Guineans. Participating in this show really made us dig deep to provide the traditional way of preparing food back home but also explore other modern recipes."

Plans are currently underway for a revamped version of the show.

It was previously screened on TV Wan in PNG and can now be accessed on YouTube and the show's website, pacificislandfoodrevolution.com. ➤

PICTURES: FAANATI MAMEA

through funding from The Asia Foundation (which also funded the book), and the New Zealand and Australian governments.



“

The key to good health sits right in the Pacific backyard – in its farms, its gardens, its fabulous markets and in the rustic dishes that Pacific grandmothers cook.

”



Award-winning chef Robert Oliver and the cover of his new book (opposite); PNG's Joey Tau and Lee Anne Leong with a platter of Pacific goodness (this picture).



PITPIT AND AIBIKA QUICHE *Serves 6*

INGREDIENTS

Crust

3¼ cups flour
1 teaspoon salt
1 cup coconut oil, at room temperature
6–8 tablespoons ice-cold water

Filling

8 eggs
salt and pepper
¼ cup coconut cream
4 pitpit, shredded
1 onion, diced
4 leaves precooked aibika, chopped
½ cup sliced tomatoes

METHOD

Preheat the oven to 180°C. To make the crust, whisk the flour and salt together in a large bowl. Add the coconut oil and mix through.

Slowly add a few tablespoons of the ice-cold water, mixing well and checking the consistency. Only add as much as you need to make a pliable, pastry-like dough.

Place the dough on a floured board and use your hands to form it into a ball. Roll to 4–5 millimetres thick and carefully place in a greased quiche tin, about 25 centimetres long.

Place baking paper on top of the rolled-out dough and fill with uncooked rice or ceramic weights to blind bake. Cook in the oven for about 15 minutes, then remove the paper and rice or weights and cook for a further 10 minutes or until the pastry is just cooked.

To make the filling, beat the eggs in a large bowl, adding a pinch of salt and pepper. Gradually mix in the coconut cream, checking the consistency of the egg mixture to ensure it is smooth.



Lay the pitpit over the half-cooked crust, then add the onion, aibika and tomato.

Pour the egg mixture over the filling and bake for about 30 minutes or until a knife inserted into the middle comes out clean. Remove from the oven and allow to cool slightly before serving. ■

Eat Pacific NZ\$60 (about PGK140) is published by Massey University Press, masseypress.ac.nz.

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Not only is Apple Watch Series 10 the thinnest model so far, it also features the biggest and most advanced display Apple has ever put into its wearable timepiece. This makes it easier to see, read, and interact with from any angle, while a fast-charging component allows the watch to fire up to 80 per cent battery power in just 30 minutes. Other pluses include greater ease in tracking sleep, new depth and water temperature sensors as well as clearer phone calls and media playback through the speakers. Apple Watch Series 10 starts from PGK1700; apple.com.



Protein hit

Sports nutrition company BSc has teamed up with world-renowned lolly brand Chupa Chups to create a range of treats with a twist. The unlikely partnership means you can now have Chupa Chups flavours in the healthier form of a low-sugar, zero-fat soft protein bar and/or protein water powder. Both contain 20 grams of protein per serve, making them ideal for not only a post-exercise protein boost but also a refreshing pick-me-up. Protein water PGK106; soft protein bars PGK12; bscsupplements.com.



Sun protection

No matter what our skin tone, experts agree we all need sun protection. The aptly named Every. Single.Face. Watery Lotion SPF 50 sunscreen from Supergoop is a clear, weightless lotion that refreshes and cools while protecting skin from UVA, UVB and infrared radiation. Suitable for every skin type (normal, dry or oily), it's packed with skin-nourishing ingredients and is water- and sweat-resistant for 40 minutes. PGK136; supergoop.com.



Wallet security

You can't be too careful with your cash and cards while travelling, or anywhere out and about for that matter. This RFID-protected wallet helps protect your bank and credit accounts by emitting electromagnetic waves that block technology used by criminals to scan and steal information from your cards without physical contact. The wallet also comes with card slots, an ID window and places to stash notes. PGK263; strandbags.com.au.





Snug and dry

When a serious head injury left Debs Brockelsby unemployed, she decided to start a business based on her love of water sport. The result is Towelies, a brand of wearable towels that double as cover-ups. Following a successful debut in her native New Zealand – even the country's athletes wore her creations at the Paris Olympics – Towelies are now available internationally. They are Egyptian cotton, ethically manufactured and come in a range of colours and patterns. From about PGK300; stokednz.co.nz.



Tonic for hair

Around 80 per cent of men and 50 per cent of women experience some hair loss during their lifetimes. Products are at hand, such as EZZ Hair Growth Spray (PGK212). Manufactured by wellness company EZZ Life Science Holdings, it contains organic oils, eucalyptus stem cells, caffeine powder, oligopeptides and four types of amino acids in a blend claimed to stimulate hair growth. And if tropical humidity is wreaking havoc with your hair, try the EZZ Anti Frizz Spray (PGK160). Its formulation of seed oils and shea butter is said to protect and tame hair with a mind of its own. ezzdna.com.

Superb sound on the go

The portable BOSE Soundlink Flex Bluetooth Speaker (second generation) is waterproof, built to withstand corrosion and can play from any position. The manufacturer promises crisp high-fidelity audio but if you want to improve the sound of your tunes even further there is an adjustable equaliser in the Bose app. PGK 664; bose.com.au.



The coolest way to sleep

Silk is the ideal fabric to wear in heat and humidity, so why not sleep in it? These chic pyjamas from online clothing store The Fable are made from 100 per cent crepe de chine silk, a fabric renowned for not only being super soft but also a dense structure, which enhances its cooling properties. Just the ticket for sleeping in style in the tropics. Available in a range of understated colours. PGK662; thefable.com.au.



Bugs be gone

This bug repellent is designed to be safe for babies as well as pregnant women and breastfeeding mothers. Fend is free of the DEET chemical, using instead the gentle amino acid IR3535 as its active ingredient to provide 14-hour protection. The baby-friendly lotion is also non-oily and hypoallergenic. Fend DEET-Free Insect Repellent 50ml Kids Roll-On PGK52, fend.au.



Relaxation goggles

TheraBody's recently released second-generation SmartGoggles feature upgrades based on customer feedback, resulting in an improved adjustable fit with contoured padding to gently cushion any face shape without pressing on the eyes. The goggles block out light completely and deliver a combination of therapeutic compression massage, heat and vibration to your forehead, brows and temples. The goggles are said to reduce stress, enhance relaxation, soothe headaches and eye strain, and improve sleep. PGK1120; therabody.com.



SELF-HELP

The Not-To-Do List: The Surprisingly Simple Art of Success**By Rolf Dobelli | Allen & Unwin**

Through personal experience, interviews, readings and casual conversations, Swiss novelist and entrepreneur Rolf Dobelli tells us that the secret to success is not crossing off a self-imposed to-do list, but to embrace failure.

According to him mistakes teach us, lowering expectations helps us thrive, and living by our principles and not by what others say might bring happiness and fulfilment to our lives.

The author, who also wrote *The Art of the Good Life* and *Stop Reading the News*, distils this knowledge in 52 habits to avoid.

Some of these habits include telling yourself you will finish work on the weekend, and getting the critical things done first.

Dobelli says about this book: "This is an inversion of life advice, because happiness and success are easier than you think – just don't do these 52 things."



TRAVEL & POLITICS

Melanesia: Travels in Black Oceania**Hamish McDonald | Black Inc**

Award-winning journalist Hamish McDonald is back with a book that explores Melanesia, one of the world's most diverse regions. Consisting of Papua New Guinea, Fiji, New Caledonia, Vanuatu, the Solomon Islands, West Papua and the Maluku Islands (Indonesia), and the Torres Strait Islands, this region tends to make the news either as a holiday destination or in times of crises.

However, shifting demographics, including the growing influence of China in the region, has placed the political spotlight on the region.

McDonald, who has reported from most of these countries for newspapers such as *The Sydney Morning Herald* and the *Far Eastern Economic Review*, shares with the reader his travels and the stories of many of the locals he has encountered. From cane field workers to politicians, *Melanesia: Travels in Black Oceania* uncovers some of the stories, values, aspirations and tensions that have shaped (and are shaping) these communities, including the presence of US soldiers during World War 2, Indonesians in New Guinea and Indians recruited to work in Fiji, among others.



FICTION

Those Opulent Days**Jacquie Pham | Ultimo Press**

Duy, Phong, Minh and Edmond have been friends since childhood and are considered Saigon's most powerful group of friends in Vietnam's elite society. Young and successful, they plan an extravagant evening in a lavish mansion on a hill in Dalat, but one of them does not survive the night, an event that fulfils a prophecy made over 13 years ago.

French-occupied Vietnam is the setting of this multi-point-of-view novel in which friends, mothers, servants and lovers collide to explore the lives of these four friends to find the murderer.

This debut novel by Vietnamese-Australian writer Jacquie Pham has been described as a "page-turning murder mystery" and "a riveting mystery and a moving historical drama" by the *New York Times*.



SPORT

The Seven Deadly Sins of Sport: Sport's Greatest Sinners**Titus O'Reilly | Penguin Random House****Available in audiobook**

Athletes train every day – and they give up foods, friends and family gatherings to achieve greatness and join the elite. They get medals and endorsements, go on tours, and represent their countries in international sports events. But are these legends truly virtuous?

In this book, author and broadcaster Titus O'Reilly investigates the misdemeanours of some of the world's most beloved sports icons, including Lionel Messi, David Boon, Michael Jordan, Tiger Woods and Cristiano Ronaldo.

Gluttony, greed, pride, envy, wrath, sloth or lust – which deadly sin do you think your favourite sports icon has committed? With irreverence and grace, O'Reilly exposes the sins of many legends, including competitive eaters, and tries to answer two questions: Does being a champion mean being always presented with temptation? Or does having the personality of someone who thrives by pushing boundaries mean that risk-taking is always part of your actions?

Whatever the answers, this book holds redemption, forgiveness and some hilarious moments. ■





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ASK FOR ATLAS STEEL

Paga Hill touted as a 'game changer' for PNG



An artist's rendition of the Paga Hill Estate development.

PICTURES: PAGA HILL DEVELOPMENT COMPANY & STEFAN DANILJCHENKO

The Paga Hill Estate is underway, with aims to attract cruise ships and change how people experience Port Moresby. *Paul Chai* reports.

The revival of the cruising market post-COVID-19 has been a resounding success, with the Cruise Lines International Association reporting that passenger numbers exceeded pre-pandemic levels in 2023.

About 32 million people took a cruise last year, but most of them sailed right past Papua New Guinea.

"Before COVID, we had 350 cruise ships pass PNG by," Gudmundur Fridriksson, Chairman, Paga Hill Development Company (PHDC) said at the recent Business Advantage PNG Investment Conference.

"We have been talking with Carnival Australia and other cruise lines. They say: if

you can get just the basic services right – get good hotels and upgrade the cruise port and create maybe six attractions – they will bring 80 ships in the first year. That will represent about 250,000 tourists. We receive about 12,000 tourists annually as it is now."

Paga Hill is a 25-hectare site bordering Port Moresby's central business district, which aims to become an access point for cruise ships and open up the city's foreshore for tourism development.

PHDC has spent 18 months stockpiling PGK35 million worth of materials. It is now ready to start development in the second quarter of 2025, if the government comes to the table with some co-funding. The

development plans 13,000 square kilometres of open space and 600,000 square kilometres of built development, and the cherry on top will be a Raddison Blu resort.

Lachlan Hoswell, Radisson Hotel Group's Managing Director, Business Unit – ➔

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Australasia, says the new hotel will be the “first true leisure hotel to come into Port Moresby”.

“Radisson has 1.3 million rooms worldwide and over 160 million loyalty members. The Radisson Collection, which is our luxury brand, will be a fantastic fit for this particular property.

“There will be no better spot to sit around a pool sharing a cocktail and drinks with your friends. For the traveller to experience PNG in a hotel like this, in a location like Paga Hill, will be a game changer in PNG.”

The first stage is a satellite casino that will begin construction soon and there are plans for a 1.5-kilometre boardwalk like Sydney’s Barangaroo but “wider and more beautiful,” according to Fridriksson.

The Radisson hotel precinct will offer 229 rooms, 100 serviced apartments and 24 villas.

“

For the traveller to experience a hotel like this, in a location like Paga Hill, will be a game changer for PNG.

”

Fridriksson is confident that the project will not only attract cruise traffic but also change how people experience PNG’s capital.

“Paga Hill is for all, it is for the people that live in Port Moresby, the people who are from there, the people who come for a visit and the people who work there.” ■



Gudmundur Fridriksson, Chairman of the Paga Hill development.



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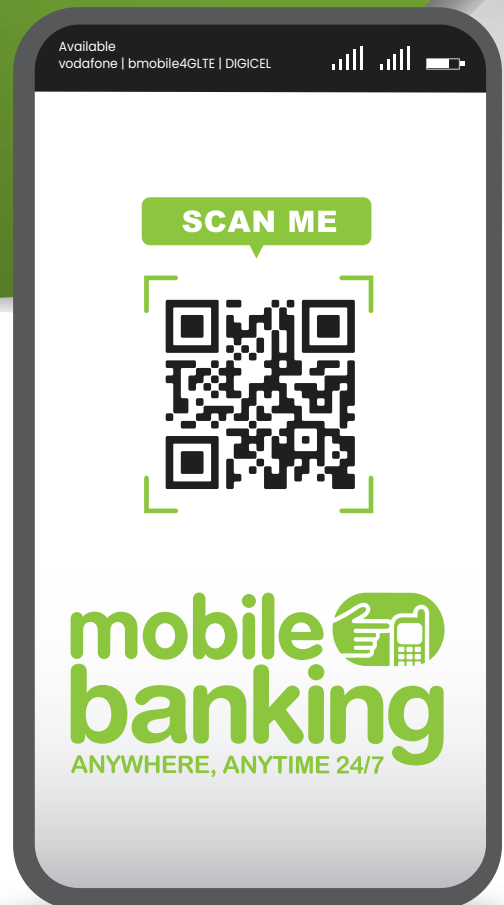
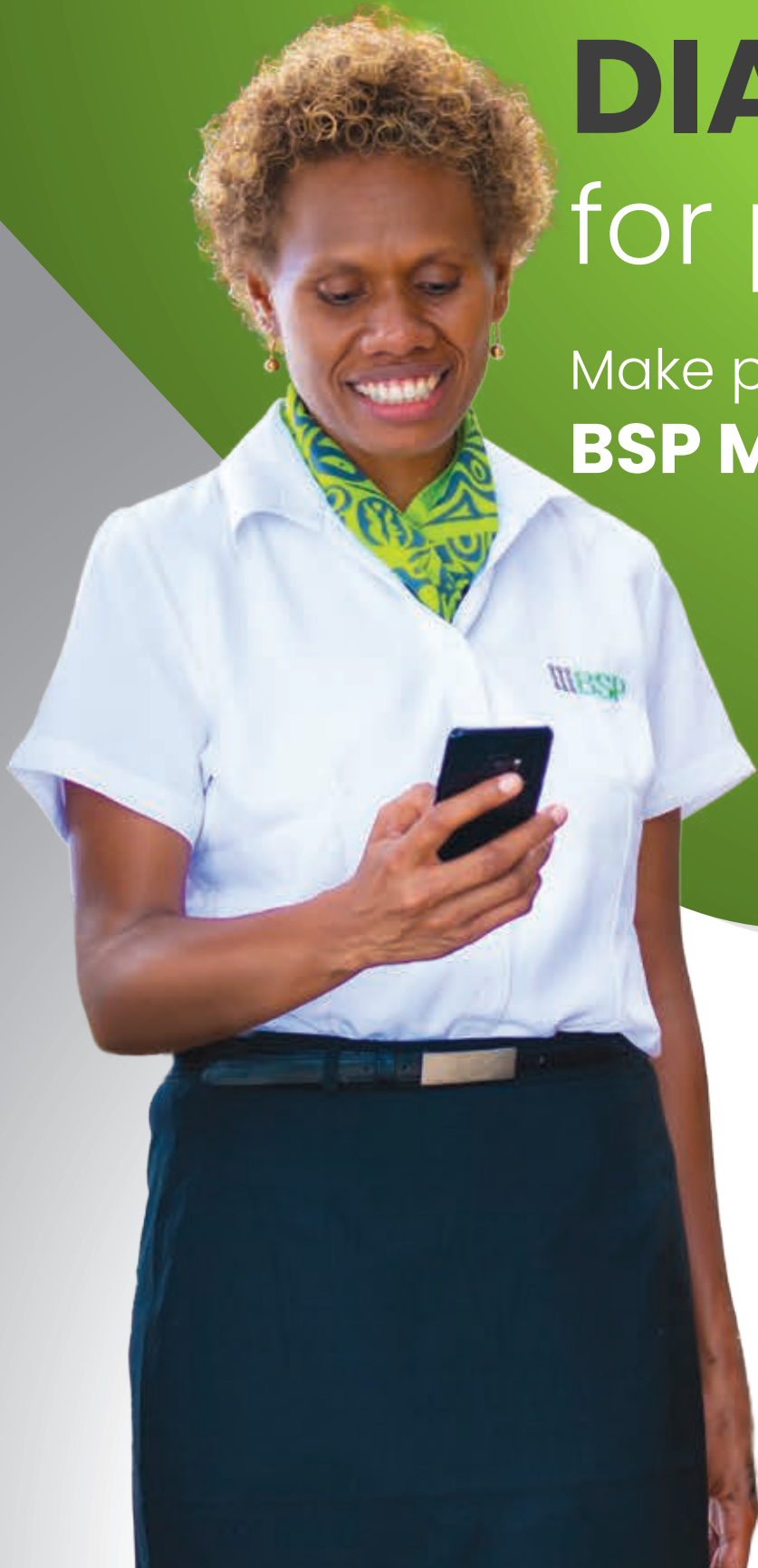
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New banks in PNG

Paul Chai reports on the changing banking landscape in PNG.

After 45 years of operating as a financial institution, Credit Corporation PNG has launched a commercial bank. In the opinion of Credit Corporation's Chief Executive Officer Danny Robinson, it is an opportunity "to change the game" in Papua New Guinea's banking system.

CreditBank launched on August 5 and is one of three new recipients of commercial banking licences granted by the Bank of Papua New Guinea, alongside TISA Bank, which is operated by the Teachers Savings and

Loan Society and the state-owned National Banking Corporation, formerly People's Microbank. More licenses may follow.

According to Robinson, CreditBank's new product suite will contain banking and lending products, as well as a range of payment cards and digital channels, including mobile and WhatsApp banking.

"We are changing the game in banking by adopting a digital-first approach in everything we do: from our channels, to how we deliver our products, to simplifying our business

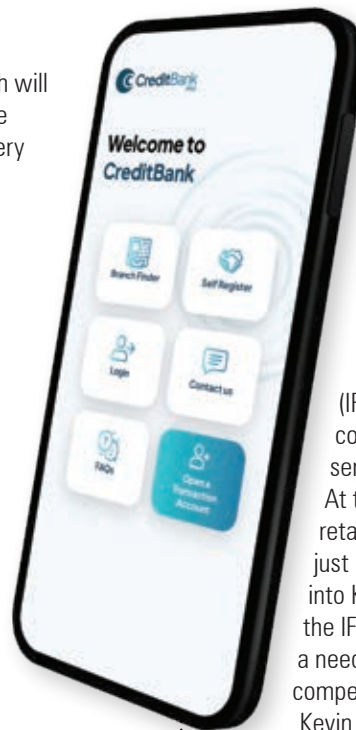
processes, which will ultimately reduce our cost of delivery and improve our services," says Robinson.

With just four branches, CreditBank will rely on a digital self-onboarding platform that allows new customers to open an account from anywhere.

"Many of our customers in the past were start-up operations," Robinson says. "We lent them their first piece of equipment to start their businesses, and they were successful enough to be banked by the existing banks within PNG. We see a vision of those customers coming back to CreditBank, where they started their financial services operation."

“We (Credit Corporation) are changing the game in banking by adopting a digital-first approach.”

The move to increase the number of banks in PNG had its genesis in 2019, when the International Finance Corporation



CreditBank has opened in PNG and will offer a suite of products including mobile and WhatsApp banking.

(IFC) studied the country's financial services sector. At the time, ANZ's retail operations had just been integrated into Kina Bank, and the IFC recognised a need for more competition.

Kevin Gani, the IFC's Country Leader for Australia, New Zealand and Pacific countries, says the study saw a sector that was too focused on large corporations.

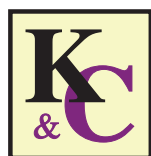
"We saw the market potential of another PGK14 billion in the micro, small and medium-enterprise (MSME) space," Gani says.

"The key is to look beyond Port Moresby, Lae, Madang and all of those cities to sole proprietors who are the same nature and size of business as MSMEs but in rural and remote areas."

To help finance companies become banks, the IFC established a long-term strategic partnership to make them 'more bankable'. This included creating a road map, assessing risk, planning HR and talent management and finding strategic investors.

Gani believes that if PNG unlocks the potential of this MSME market and uses PNG-owned banks to grow it, it will be a win for both the banking sector and the economy. ■

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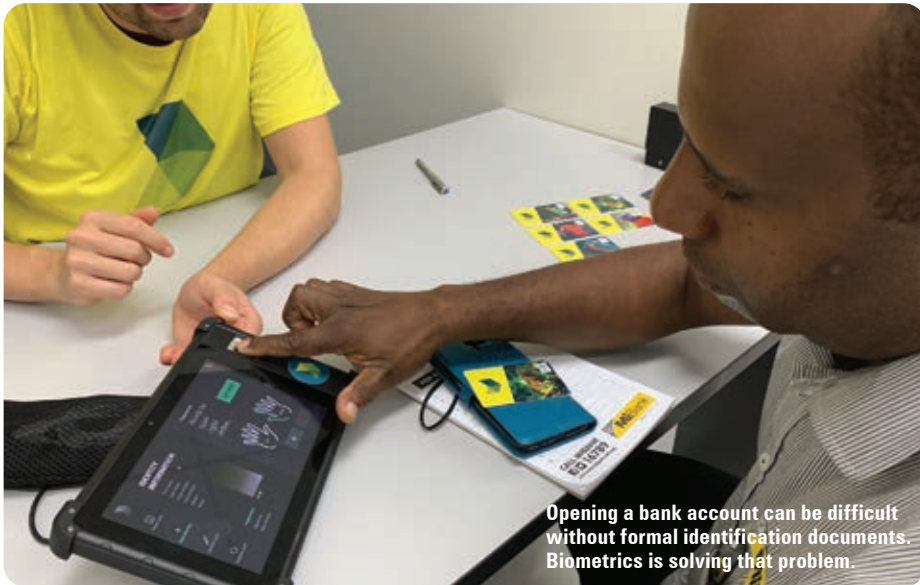


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INNOVATION

A SPECIAL REPORT



Opening a bank account can be difficult without formal identification documents. Biometrics is solving that problem.

PICTURE: DIGIZEN ID / MIBANK

PNG AN INNOVATION NATION

Technological advances present PNG with enormous opportunities to develop solutions to the challenges it faces.

About 9000 years ago in the Waghi Valley, near what is now Mount Hagen, some tribespeople decided to drain and divert water in the Kuk Swamp so they could plant crops.

According to the archaeological evidence, they dug ditches and channels, then planted taro, bananas and sugarcane.

This simple innovation, developed independently from anywhere else in the world, changed life across the land mass of New Guinea.

Like any innovation, it was about providing a solution to a problem: in this case, having a reliable source of food all year round.

Kuk is now a UNESCO World Heritage Site, marking one of the earliest places on the

planet to show evidence of agriculture.

What's more, that agricultural revolution, started so long ago, has directly led to Papua New Guinea today being a leading exporter of agricultural produce such as coffee, cocoa, copra, spices and palm oil.

PNG is going through another revolution just as significant the digital revolution.

At the heart of the digital revolution are innovations such as: the use of copper wire and fibreoptic cable to communicate instantly around the world.

The first cellphone was invented by Motorola in 1973. It weighed the same as two kilogram bags of rice. But it solved the problem of how to make and answer phone calls when you weren't in the office or at home.

The internet was born in 1983, enabling the sharing of information in ways previously only imagined.

In PNG, the first cellphones were introduced by Telikom in the early 2000s. Since then, thanks to investments from Telikom, Digicel, bmobile, PNG Dataco and, most recently, Vodafone PNG, a vast network of cellphone towers, fibreoptic cables and communications satellites has been built to connect around 80 per cent of PNG's population to the world.

We have moved from cellphones that could only make simple phone calls to smartphones that are powerful computers.

We are now seeing how these tools, through innovation, can be used to solve some of PNG's problems.

PNG now has a digital government strategy, aimed at using technology to make government services and operations faster and more efficient. You can now, for example, register your new business online with the IPA, pay your tax bill online at the IRC's website and pay rent to the Department of Lands online.

In business, PNG's companies now use the internet to connect not only their offices and branches, but also with each other, storing and sharing information remotely in the cloud.

Importers can track a shipment in real time all the way from its port of origin. Remote-controlled drones inspect the nation's gas pipelines and palm oil plantations. Phone and internet banking, and digital wallets, are reducing the need for us to queue at bank branches, while digital identification services like Digizen ID are helping to make opening a bank account quicker and easier.

Booking and paying for your Air Niugini tickets online has been possible for some years, but it is now also commonplace to pay online for services such as PGO! or GoFood PNG to have food delivered to your home.

WHAT'S NEXT?

Talk to any large business these days, and the talk is of artificial intelligence or AI. We now have smart software and machines that can teach themselves as they work and process huge amounts of data amazingly quickly. They can also communicate very much like humans.

Only a few years since its first popular use, ChatGPT, was launched, generative AI is starting to appear in technology that businesses and individuals use every day, such as software in smartphones.

Where generative AI and other new technology are taking us is one of the major themes of Innovation PNG 2025, PNG's tech and innovation conference, which will take place at the Stanley Hotel in Port Moresby on March 27 and 28 this year. To find out more about the event, and how you can get involved, see innovationpng.com. ➤





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AWARDING INNOVATION IN PNG

Innovation is alive and well in PNG. Here are some recent award-winning innovators.

The Innovation PNG Awards are run by the Port Moresby Chamber of Commerce and Industry and Business Advantage International to encourage and reward innovation in business and government.

They have been awarded twice so far – in 2019 and 2023 – and will be given out for a third time on March 28.

There were three winners in 2023, chosen from almost 60 entries, covering government, agribusiness, food, education, real estate, energy, telecommunications, logistics, manufacturing, construction and engineering.

Small business award: GoFood PNG

A well-conceived food ordering app and delivery service with market-proven execution and potential for growth. The judges were impressed by a creation of service that combines features that are present in similar services around the world with those specifically adapted to PNG's own market conditions.

Large business award: MiBank

For the development of 'Mobile Corporate', a service that enables organisations and groups with multiple signatories to authorise financial transactions using basic cellphone technology. This innovation has relevance and use for remote areas where there is not adequate internet coverage, and for rural companies and groups. As such, it is a well-thought-out solution created for PNG conditions.



GoFood PNG's Vavine Anang receives the 2023 Innovation PNG award for small business from futurist Dr Jane Thomason.

Government award: Credit Guarantee Corporation

The CGC's new Loan Referral Platform is a well-designed portal providing direct access to finance and related information for small businesses. It has the potential to improve access to finance for the businesses that currently find it hardest to obtain. ■



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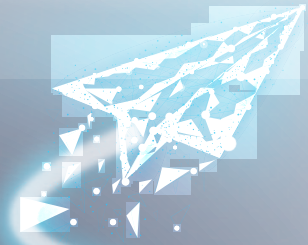
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CONFERENCES

A SPECIAL REPORT

MICE INDUSTRY IN OVERDRIVE

PNG's Meetings, Incentives, Conferences and Exhibitions (MICE) sector has grown rapidly over the past few years, with venues competing for business with upgrades, expansions and value adds. *Paul Chai* looks at the MICE landscape in the capital.

There is something of a hospitality arms race on in the Papua New Guinean capital of Port Moresby as venues compete for the ever-expanding MICE dollar.

"The MICE sector in Port Moresby has exponentially grown over the last few years," says Alan Christie, Chief Executive Officer of Steamships Hospitality, which has properties like the Marriott and the historic Grand Papua.

"Our food and beverage revenue has doubled in three years, and a huge proportion of that is down to the conference and events business. We've invested heavily in improving our conference and event spaces. In fact, we haven't been able to build them fast enough."

Steamships is also going to "put the grand back into Grand Papua," with an extensive 15-month renovation of the venerable PNG hotel set to commence in April. The company is also investing in smaller conference facilities at Ela Beach Hotel & Apartments and Gateway Hotel.

Meanwhile, at Airways Hotel & Residences, the property recently launched the Bacchus conference room, which can host 200 guests for cocktails or 150 for a



Port Moresby's conference landscape is in good order.

sit-down event. The team is also looking to convert some rooms to provide extra space for meetings and events.

Also in the midst of a huge update is international hotel chain IHG Hotels and Resorts' Holiday Inn & Suites Port Moresby and Holiday Inn Express. The PGK30 million renovations will help keep pace with the changing needs of the MICE sector.

Hudson Mitchell, Portfolio Director of Sales & Marketing - IHG PNG, says the Holiday Inn & Suites has built a reputation as the small-to-medium size group events specialist, with one point of difference being outdoor venues such as Cassowary Park and Beer Garden at the Junction.

Also looking to establish a point of difference in a crowded MICE marketplace is Loloata Island Resort.

Alex Wilson, General Manager at Loloata, says the resort has attracted big-name clients like Exxon and Total because they make good use of their unique island location.

"I want to bring the island feel to Loloata," says Fijian-born Wilson. "We have had ukelele players and guests are greeted with *leis*."

Wilson also points to the unique team-building opportunities that their island location presents.

"We have delegates plant coral, so that for every visitor some coral is born," says Wilson. "We want to offer something that Moresby doesn't have, so we have ordered kayaks, and we also plant mangrove seedlings to offset carbon at company gatherings."

For Robbie Turner, Commercial Director at Hilton Port Moresby, the hotel's point of difference lies in scale. Opened in 2018 in time for the APEC Summit, the Hilton hosted the gala APEC dinner at its first-ever event. Like Loloata, the Hilton convention centre aims to make sure that its meetings have a clear sense of place.

"The convention centre is unique, the roof is modelled after what they call the meeting place in the village," Turner says. ▶





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Marriott Executive Apartments

Marriott Executive Apartments Port Moresby, a waterside property close to the heart of the city, is set within the vibrant mixed-use development of Harbourside South. Boasting 88 luxury apartments with premier hotel services, Marriott Executive Apartments are suitable for both short and long-stay travelers. Guests will enjoy oceanic views as well as leisure facilities offered within the greater Harbourside Precinct. Various bedrooms and penthouses are available, each promising the space, ambience and privacy of residential living. Guests also have access to the Executive Boardrooms and the indoor and outdoor venue space on the 11th floor, providing stunning views. Gym membership including lap pool access is now available.



Update on Coral Sea Hotels

The next two years are set to be exciting as we begin the extensive renovation of six of our hotels – five of our Coral Sea-branded hotels and our flagship hotel, Grand Papua; these projects will rejuvenate our portfolio over the coming years.

In preparation for our refurbishments and our unwavering commitment to comfort, hygiene, safety and security of both our colleagues and guests as a Hospitality company, we embarked on the huge task of having all of our properties Safe Hotels certified. Grand Papua Hotel was awarded Premium SafeHotels status and Gateway Hotel and Apartments received certification at the end of 2024. SafeHotels is about a passion for hotels and a passion for the highest standards of safety, security and hygiene when staying in a hotel. Standards are independently set through a world leading certification program including on site assessments by experts with years of knowledge and understanding of hotels across the globe. The Grand Papua and Gateway are the first hotels to be certified, let alone achieving Premium status, in all of Australasia and the Pacific Islands.

Works on Grand Papua, Ela Beach Hotel and Gateway Hotel in Port Moresby are all set to begin in early 2025, with The Highlander (Mt Hagen), Bird of Paradise (Goroka) and Huon Gulf Hotel (Lae) scheduled to begin in 2026. The extensive renovations will see newly refurbished rooms, newly refurbished apartments, new and additional state of the art meeting spaces and new food and beverage offerings.

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CONFERENCE CALL WHAT THE KEY HOTELS OFFER

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The target market: Conferences valuing modernity and security.

Current capacity: Holiday Inn Suites 238 rooms; Holiday Inn Express 199 rooms.

Business capacity (workspaces/boardrooms): Boardrooms for 20 up to 350.

Differentiation: Huge outdoor space, Cassowary Park, can do biggest outdoor events in Port Moresby.

Planned expansion: Upgrades to continue throughout this year.

STEAMSHIPS HOSPITALITY (CORAL SEA HOTELS)

The target market: Big government and corporates.

Current capacity: 581 hotel rooms and suites and 197 hotel serviced apartments across the portfolio

Business capacity: From intimate meetings in the Library at Grand Papua to conferences up to 500 pax at Gateway Hotel.

Differentiation: Expert at government conferences.

Planned expansion: Grand Papua Hotel set to undergo huge refurbishment with doubling of conference capacity.

HILTON PORT MORESBY

The target market: Larger groups valuing Hilton brand.

Current capacity: 212 hotel rooms; 180 residences; six food and beverage outlets.

Business capacity: Banquet hall for up to 1000 people; eight breakout rooms.

Differentiation: Capability for large events.

Planned expansion: Hilton has no expansion plans.

LOLOATA ISLAND RESORT

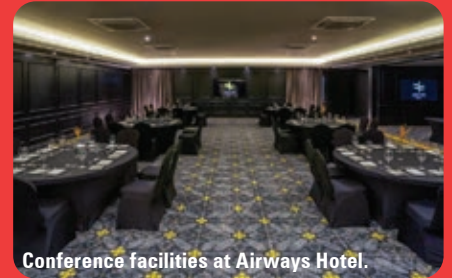
The target market: Smaller team-building events.

Current capacity: 68 suites and villas.

Business capacity: 200 guests for conference space.

Differentiation: The island location and feel, difference from Port Moresby properties.

Planned expansion: More team-building activities such as kayaking and yoga.



Conference facilities at Airways Hotel.

AIRWAYS HOTEL & RESIDENCES

The target market: Corporate and government

Current capacity: 144 rooms

Business capacity: Bacchus room takes 200 for cocktails and 150 for sit-down events.

Differentiation: Strong local connection.

Planned expansion: Bacchus conference room just opened; no further plans.

Kutubu Convention Center

An integrated facility featuring an 800 seat banquet hall, six adaptable meeting rooms, an executive boardroom, and over 1,000 square meters of open-air spaces, including an amphitheater and a terrace beneath the iconic Kutubu canopy. Perfect for hosting conferences, banquets and corporate events.



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Cocktail: Up to 200 guests

Dimensions

Bacchus 144 sqm

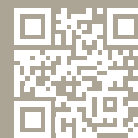
Demetra 57.5 sqm

Kalypso 55 sqm

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Unique Venues



Tasty Food



Modern Rooms

At Holiday Inn & Suites Port Moresby, we pride ourselves in being the small to medium size event specialists! We are able to host indoor events up to 350 people and extend our outdoor catering services to up to 1000 people. We offer an extensive range of adaptable indoor and outdoor event venues, tailored to meet the unique needs of any occasion. Whether you're hosting a business conference, product launch, corporate or leisure event, our facilities are designed to provide a seamless and memorable experience.

Our event spaces boast ample space, comfortable seating arrangements, and customizable setups to ensure that every detail meets your exact specifications, ensuring an unforgettable experience for you and your guests. For events that require accommodation, we are excited to showcase our newly renovated rooms and suites. Offering a fresh and modern look and feel, all of our rooms are spacious and offer balconies for guests to enjoy both an indoor and outdoor experience.

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- ✓ Outdoor Park

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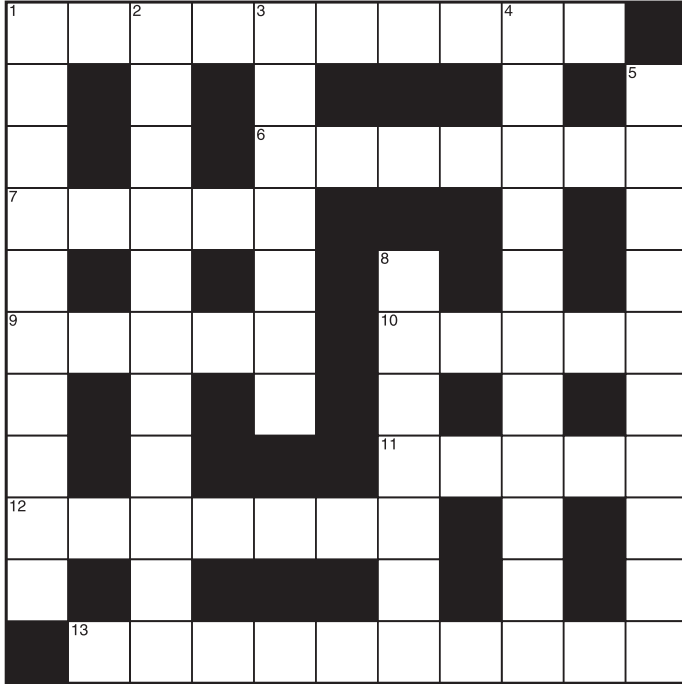
Please contact us for queries or bookings:

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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

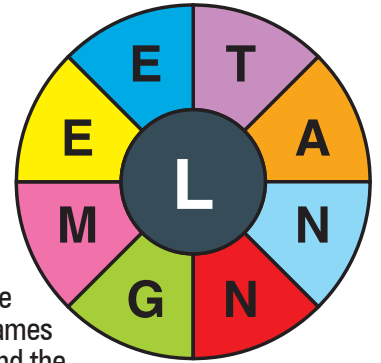
ACROSS

1. Send movie dialogue by mail as an afterthought (10)
6. Outstanding ore sum reported (7)
7. Singer can be one of three or ten, perhaps (5)
9. Hundred and fifty Romans with one copy (5)
10. Pancake found in front of Suzette (5)
11. Magnified map section left right out of insert (5)
12. Organise edibles containing ouzo flavour (7)
13. At last they can work on their toes – and show a clean pair of heels to boot! (10)

DOWN

1. Fussy about specific detail (10)
2. Reserved market stall of seafood? (11)
3. Five following star journalist went hungry (7)
4. Improvement I've made to become open-minded (11)
5. Black gun dogs who are seasoned plane travellers? (3-7)
8. Aztec hid name of southern hemisphere monotreme (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.

24 Good 28 Very Good 31+ Excellent

STRAIGHT CLUES

ACROSS

1. PS on letter (10)
6. Stupendous (7)
7. Bocelli or Pavarotti (5)
9. Exact replica (5)
10. Crinkly wrap, ... paper (5)
11. Inlaid piece (5)
12. Seed of the anise plant (7)
13. Cobblers (10)

DOWN

1. Hard to please (10)
2. Aloof (11)
3. Deprived of food (7)
4. Forward-looking (11)
5. International socialites (3-7)
8. Spiny anteater (7)



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. True or false? British Airways had a stake in Air Niugini when the airline started flying in 1973.
2. After Mount Wilhelm, what is the highest mountain in PNG?
3. What are you being asked in Tok Pisin if someone says: *Wanem nem bilong yu?*
4. What Mount Hagen landmark do you find at the corner of the Highlands Highway and Kum Road?
5. Which queen has a PNG chocolate named after her?
6. Can you name the prime minister of New Zealand? Take a bonus point if you can name the person this PM replaced in 2023.
7. Which destination that Air Niugini flies to has a fine of about PGK3000 for spitting?
8. Which PNG neighbour comprises six major islands, including Santa Isabel?

9. What is a Vanuatuan?
10. What can't you do legally in Japan until you are 20 years old?
11. What is the name of Australia's national anthem: 'God Save the Queen', 'God Save the King', 'Advance Australia Fair' or 'Waltzing Matilda'?
12. What is Mauna Loa?
13. Why could 'phaal' bring tears to your eyes and sweat to your forehead?
14. What is the animal that officially represents Queensland?
15. Where and what is the famous attraction in the photo?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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Solutions

Wheel Words

Solution: Alee, Elan, Gale, Glam, Glee, Glen, Lame, Lane, Late, Lean, Lent, Male, Malt, Meal, Melt, Tael, Tale, Teal, Aglet, Angel, Angle, Eagle, Elate, Gleam, Glean, Leant, Metal, Eaglet, Enamel, Gentle, Lament, Lateen, Legate, Mangle, Mantel, Mantle, Mental, Tangle, Elegant, Melange, Entangle.
 9-letter word: GENTLEMAN

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

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

The Paradise Quiz
 1. False. The PNG government had 60 per cent, Ansett 16 per cent, and Qantas and TAA 12 per cent each. 2. Mount Giluwe. 3. What is your name? 4. The Mount Hagen market. 5. Queen Emma. 6. Chris Luxon, who replaced Jacinda Ardern. 7. Singapore. 8. Solomon Islands. 9. A person living in Vanuatu. 10. Drink alcohol. 11. Advance Australia Fair. 12. The world's largest active volcano. In Hawaii. 13. It is one of the hottest curries in the world, even hotter than India's vindaloo. 14. Koala. 15. Hong Kong's Peak Tram.

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PAPUA NEW GUINEA VISITOR GUIDE

Out and about

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



PICTURE: DAVID KIRKLAND

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

CLIMATE

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

COMMUNICATIONS

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

Phone: International phone roaming is possible in PNG, but it

can be costly. A cheaper option is to buy a local SIM card and pre-paid credit (including data packs for smartphones). Major mobile networks are Digicel, Telikom PNG and Vodafone. Mobile data is available in cities and towns but may not be available in rural areas.

ELECTRICITY

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

GETTING AROUND

Airport transfers: For arrival/ departure in Port Moresby, hotels

provide a complimentary transfer.

Car hire: Major companies include Hertz Car Rental (+675 325 4999/+675 7235 2442) with a self-drive rate of PGK270–485 a day. With a driver it is PGK612–868. Avis Car Rental (+675 324 9400) day rate is PGK315–435 with a PGK4600 bond. With a driver it's an additional PGK15 per hour. WB Transport Systems (+675 341 3541) day rate is PGK300–1500. With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

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

Security firms: They can provide airport transfers if you are not staying at a hotel or if you require transport at night for evening social events. Available 24 hours, quotes are given when you inquire. Recommended firms in Port Moresby are G4S (+675 7999 1700) Black Swan International (+675 7500 0200) and Ultimax Security (+675 323 7856). In Lae, recommended security firms are Guard Dog Security (+675 7202 1069) and G4S (+675 472 3999).

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

HEALTH

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



is prevalent in PNG and there have been cases of measles and tuberculosis.

MEDICAL EMERGENCY

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

MONEY

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

SHOPPING

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

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

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

Rangeview Plaza: Opposite Vision City, the plaza has a big grocery shop, clothing stores and a salon. The spacious dining area upstairs has multiple food vendors and a playground. There are stalls outside where local artisans sell their crafts, paintings and toana wear. See facebook.com/RangeviewPlaza/.

Stop & Shop: It has outlets all over the city, but recommended



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

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

Unity Mall & Supermarket: This complex at the Steamships compound in Waigani has small businesses selling PNG-designed outfits, crafts and accessories. You can also find a pharmacy and several hair stations. The eateries offer local cuisine, snacks and coffee. The supermarket sells fresh local vegetables sourced from all over the country. See unitygroup.com.pg.

Vision City: Centrally located in Waigani, the mall has everything from groceries to clothing stores, pharmacies, salons and even a carwash service. The only cinema (Paradise Cinema) in the country is on level 2. You can also find a night club (The Cosmopolitan). Take your pick from the many restaurants and food vendors at the Food Junction. See visioncitypng.com.

MARKETS

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

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

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

Gordons Market: Next to the Gordons police station, it's the

biggest market in Port Moresby with two levels. Well-organised, you can find everything from various greens, root crops and seasonal fruit. There is ample parking and security. Open 7am–6.30pm.

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

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

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

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

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



PNG carpark. They also host the Harbourside Night Markets at the Harbourside Precinct, which includes live music and food. See facebook.com/pomcitymarkets for upcoming dates. Tel. +675 7007 3046.

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

EATING & DRINKING

PORT MORESBY

Airways Hotel: Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside to Deli KC or 7C's past reception. The Vue Restaurant has a buffet each morning, lunch and evening. The Filipino-themed buffet is a winner. There is also an a la carte menu and stunning views. The tandoori dishes come highly recommended. If you're after a drink, have cocktails and beers at the Balus Bar. For an exclusive experience, head to the Havanaba Bar to enjoy a cigar with your pick of top-shelf wines and spirits. See airways.com.pg. Tel. +675 324 5200 and +675 7373 2600.



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

Akura: An elegant dining and lounge bar at Harbourside that is a popular spot for after-work drinks. Try their beef vermicelli salad or pop in for Taco Tuesday. Tel. +675 7320 7777. See instagram.com/akurapng.

Alibi Bar & Grill: At the Harbourside precinct, open for lunch and dinner daily. There's a kid's playground if you're making it a family day. Fridays and Saturdays bring in a big night crowd and the bar stays open until late. Try their platters: the Surf & Turf, Meat Lovers and the Fisherman's Basket with a view of the harbour. See facebook.com/alibipng. Tel. +675 7320 7777.

Ang's Restaurant: No-frills Chinese hidden away in an

industrial block opposite Brian Bell's Gordons Plaza shopping centre. Roast duck is the signature dish. Tel. +675 323 0863.

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

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

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

Crown Hotel: For fine dining, choose Rapala Restaurant, its menu a mix of Western and Middle Eastern dishes. It's open 6pm to 10pm. All-day dining is available at The Cafe, opens at 6am. Every Saturday night, the hotel hosts an International Street Food Festival, featuring popular dishes from around the world. See crownhotel.com.pg. Tel. +675 309 3000.

Crowne Plaza Residences: The Port Terrace Restaurant & Bar has views of Fairfax Harbour, and all-day dining. It's open 6.30am to 10pm. Try a power juice for breakfast, chicken parmy for lunch or chilli lobster for dinner. The extensive menu also includes burgers and steaks, as well as share plates. Great spot to watch the sunset with a beverage, with wine, beer, spirits and cocktails on offer. See portrestaurant.com.pg. Tel. +675 308 3100. ▶

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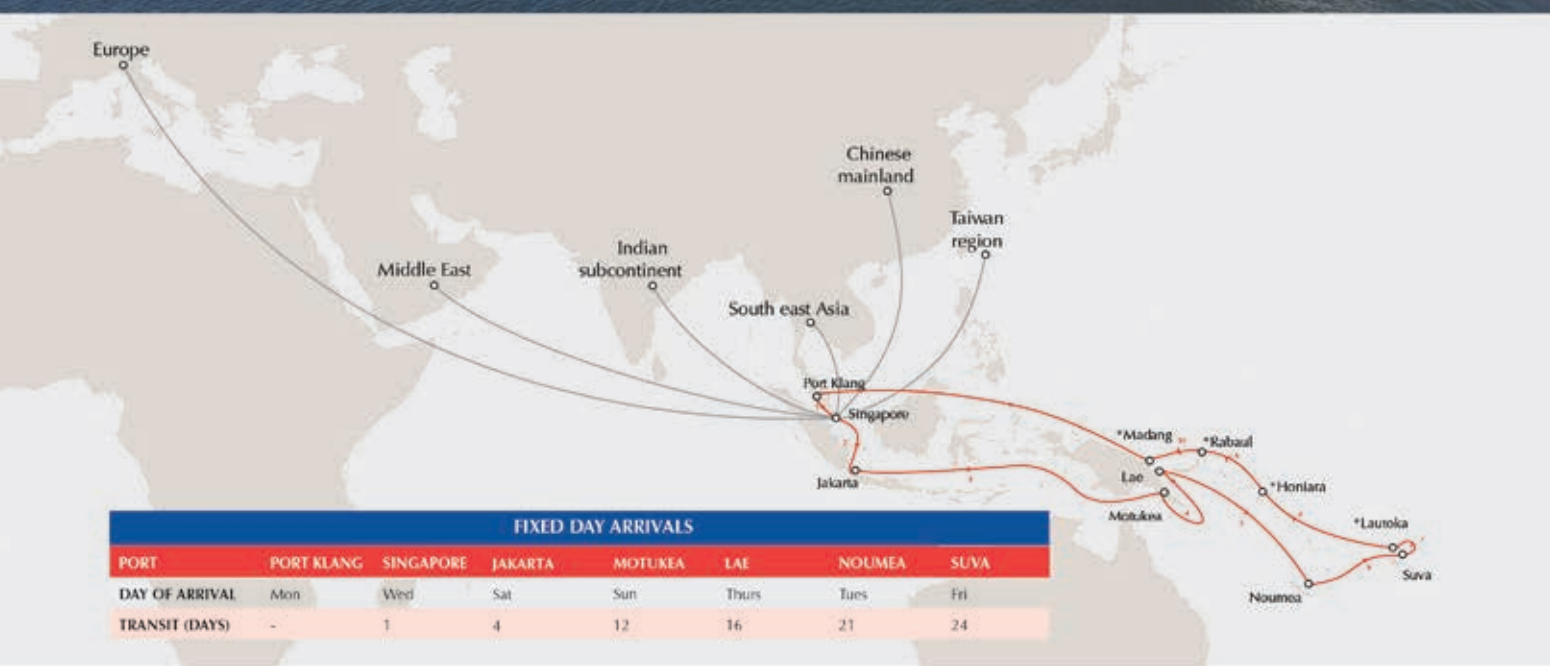
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Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. 'All-You-Can-Eat' grilled skewers available every Thursday night. You can find them at Stop & Shop Harbour City (first floor) and the Harbourside Precinct.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

Duffy Cafe: Known for excellent coffee and homemade cafe-style food and bakery items, Duffy has three locations: at Harbourside, Gordons and Jacksons International Airport. You can order your breakfast ahead of time for those busy work mornings. You can also find their bread on sale at Waterfront Foodworld. See duffypng.com. Tel. +675 325 8528.

Dynasty at Vision City: This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. The crispy lemon chicken is a favourite. See facebook.com/100064086213057. Tel. +675 302 8538.

Edge by the Sea: The Edge cafe has alfresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito

bowls, pork burgers and grilled snapper are among the breakfast and lunch menu favourites. Try their Turkish lahmacun. There's a mist water system in the alfresco area that can reduce the ambient air temperature by up to 10 degrees, perfect for those blistering-hot days. See facebook.com/edgebythesea/. Tel. +675 7995 5263.

Ela Beach Hotel: Drop in to Salt Restaurant for casual all-day dining, including curry, burgers and wok dishes, or pizza at Enzo's. The Beachside Bakery has a great range of sweet treats and coffee that you can enjoy in outdoor seating. See coralseahotels.com.pg. Tel. +675 7998 6510.

Fusion Bistro: A fusion of flavours from China, Thailand and Vietnam. Located in ENB Haus, Harbour City. Takeaway available. Tel. +675 7196 6666.

Gateway Hotel: The hotel's dining options include the Wild Orchard for breakfast and dinner buffet daily, Jackson's Gaming-Restaurant-Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town, Sizzler's Family Restaurant for value dining (PGK60 buffet), while Enzo's Express does quick lunches, coffee and pizza. Deli Cafe serves



Japanese treats are on offer at Daikoku at Harbourside.

excellent milkshakes and the hotel's own range of bread and pastries. See coralseahotels.com.pg. Tel. +675 7999 0200.

Grand Papua Hotel: The elegant Grand Brasserie has an a la carte menu of modern European cuisine, as well as buffet options – Asian on Tuesday and Seafood on Friday. The Grand Cafe, on Douglas Street, has barista-made Goroka coffee, fruit juices, freshly made salads and sandwiches. The Grand Bar – with stylish marble, high ceilings, timber floors and window shutters – has a light menu and is a popular place to wind down after work. See coralseahotels.com.pg/grand-papua-hotel. Tel. +675 7999 0000.

com.pg/grand-papua-hotel. Tel. +675 7999 0000.

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

Hilton Residences: The Host Deli, Bistro & Bar on level two has a relaxed modern vibe with ample seating options. The Super Bowl (roasted cauliflower, falafel, poached egg, chickpeas with hummus, labneh and halloumi) comes highly recommended. If you're on the go, the delicatessen bar offers fresh fruit, pastry, sandwiches and desserts. Opens at 6.30am and stays open till late for drinks. See hiltonportmoresby.hilton.com. Tel. +675 7501 8000.

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



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www.southerncross.com.pg
sales@southerncross.com.pg

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

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

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

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

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

Korean Garden: An affordable menu at Vision City that includes a do-it-yourself barbecue, as well as traditional favourites such as kimchi and gimbap. See facebook.com/koreangardenpng. Tel. +675 302 8534.

Lamana Hotel: Choose from options including Spices Restaurant (Indian), the Italian

Restaurant, Cafe Palazzo and PNG's biggest nightclub, The Gold Club. The 360 Bar has great night views, and exclusive birthday fireworks can be organised. See lamanahotel.com.pg. Tel +675 7373 0600.

Loloata Island Resort: The private island has two restaurants. Bootless Bay is spacious with high ceilings and an open-plan style that provides a panoramic view of the sea. They serve a highly recommended breakfast and lunch buffet. The vibe at night makes it the perfect spot for a dinner date. The Beach Club upstairs is a great spot for special events like corporate dinners, birthdays and weddings. See loloataislandresort.com. Tel. +675 7108 8000.

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

Mojo Social: This casual Mediterranean-inspired bar and restaurant is on the ground floor of PWC Haus at Harbour City. Tapas-style dishes, risotto and pizza are among the offerings. Try the new Mexican dishes during a regular Taco Tuesday. See mojofood.co. Tel. +675 7995 5264.

Pentagon Entertainment: On the former Laguna Hotel premises. Guests can enjoy indoor and outdoor seating. There is also a family-friendly pool area. Try some of the signature dishes like



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biryani stuffed roasted chicken, crispy pork sisig, and salmon in an orange glaze. Tel. +675 325 1068.

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

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



Thai cuisine at Lucky Lucky in the Nambawan Super Plaza.

portrestaurant.com.pg. Tel. +675 308 3100.

Red Rock Bar: Located at Dogura, 6 Mile (along Magi Highway). Be prepared for an uphill drive to the bar but it's worthwhile for the spectacular

sunset. Try the Red Rock burger or sizzling lamb and pork with a table in the outdoor area. Tel. +675 8214 7357.

Royal Papua Yacht Club: Relaxed, spacious and open to non-members. Comfort food,

draught beer and an open-plan bar area showing sport on large screens. There is a themed cocktail night each Thursday. See rpyc.com.pg. Tel. +675 321 1700.

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

Shady Rest Hotel: The Indian dishes at the hotel's Cellar ➤

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

Stanley Hotel and Suites: This Waigani hotel has several restaurant choices. On the 19th floor, the Silver Leaf offers intimate fine dining with stunning night views. The Executive Lounge (for guests staying on the

14th to 18th floors) offers breakfast, all-day snacks and cocktail canapes. A walk up the stairs from the lounge takes you to the Mezz Bar, which offers premium spirits. There is also a smoking deck. The chic tapas-style Monsoon Lounge is on the ground floor. Green Haus restaurant has all-day dining, including buffet dinners with live cooking stations. Choose your own combo at the new juice station available at breakfast and lunch. The serene Rainforest Cafe, close to the check-in area, has coffee, desserts and pastries. See thestanleypng.com.

Tandoor on the Harbour: Come here for a curry with great bay views. The butter chicken with garlic nan is classic. See facebook.com/tandoorontheharbour. Tel.+675 3201 910.

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

Tribes Coffee Club: This cafe has two locations: Oasis building in the Steamships compound, Waigani, and Lawes Road, Ela Beach. All-day dining available. The seafood platter with crab, shrimps and the catch of the day is a dinner favourite. Tel. +675 321 0455.

Tuna Bay Resort: Located in Taurama, just five minutes from Manu. Enjoy battered fish and chips, char-grilled rump steak and boneless chicken that comes

with a side of garden salad and chips. There is indoor and outdoor dining, with bay views. Tel. +675 7920 8777.

LAE

Bulolo Golf and Country Club: Lae's newest restaurant has an a la carte menu with indoor dining and an outdoor deck overlooking the course. The Bulolo T-bone steak is said to be among the best in the country and is sourced locally. Try 'Papa Tony's Pizza', a stone-baked pizza created by the club's chefs. See facebook.com/bulolocountryclub/. Tel. +675 7358 7161.

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



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lettuce cups, laksa and claypot tofu. They've added boba milk tea and their own range of fruity sodas to the drink's menu. See facebook.com/bungarayarestaurant/. Tel. +675 472 7177.

Cafe 411: There's a cosy atmosphere at this casual cafe next to Hotel Morobe on Coronation Drive. The Western-style menu includes finger foods and PNG coffee. Try the T-bone steak with mushroom sauce if you're after something hearty. Tel. +675 479 0100.

Huon Club: This private members' club offers air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel to preview all the racing

and sporting events. Open on Wednesday and Friday, members can enjoy regular lucky key draws and a barbecue menu. Inquiries to Lae Golf Club. See laegolfclub.com.pg. Tel. +675 472 1363.

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

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

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

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

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

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

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

HOTELS

PORT MORESBY

Airways Hotel: Airways is within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms, excellent service and very good

food options. See airways.com.pg. Tel. +675 324 5200.

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

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

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

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

Gateway Hotel: Conveniently located just minutes from Jacksons International Airport, the hotel has a range of dining options, conference facilities, modern gym and two swimming pools. Free airport shuttles ➤



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are available for guests. See coralseahotels.com.pg. Tel. +675 327 8100.

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

Hilton Port Moresby: The capital city's newest luxury hotel opened in late 2018 and is in the government district 10 minutes from the airport. There are five restaurants, an executive lounge, six meeting rooms, a convention centre, swimming pool and fitness

centre. All rooms in the 15-storey hotel include floor-to-ceiling windows. The accommodation includes standard rooms, executive rooms and suites. See hiltonportmoresby.hilton.com. Tel. +675 7501 8000.

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

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

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

Sanctuary Hotel Resort & Spa: The hotel is an oasis in the city, located 10 minutes from the airport in North Waigani. There is a lot of greenery in the hotel grounds and a large aviary, which includes the bird of paradise. The hotel, close to government offices, has a business centre, a day spa, swimming pool and a restaurant with a traditional PNG menu with a contemporary edge. It also has rooms and facilities with ramps for people with disabilities. Tel. +675 303 7400.

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

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

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

LAE

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


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

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

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

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

Lae Travellers Inn: An affordable option, offering clean and comfortable rooms. There is a car rental service on the inn's premises and their restaurant offers curry takeaway. See laetravellersinn.com/. Tel. +675 479 0411. ■



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MINI GUIDE TO TOK PISIN WORDS/PHRASES

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

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

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

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

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

NUMBERS

- | | | | | | | | | | |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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Air Niugini launches Kumul Club

Air Niugini has rejuvenated and rebranded its esteemed Executive Club as the Kumul Club, with three tiers of membership and a new points system that rewards passengers.

The club was launched in Port Moresby late last year. Air Niugini's Chief Executive Officer, Gary Seddon, said at the launch event: "It's an exciting opportunity for Air Niugini to rebrand with a new look to match where we want to go as an airline. However, it's not just about rebranding, re-fleeting and service availability, but also about culture and attitude and recognising that we can do a bit more to make your journey with us more enjoyable."

The Kumul Club has new membership cards and a new bird of paradise logo.

The three tiers of membership are Kumul Club Premium (formerly known as Executive Club Gold), Kumul Club Domestic (formerly



Air Niugini CEO Gary Seddon unveils the Kumul Club to guests in Port Moresby.

known as Executive Club Silver) and Kumul Club Junior (formerly known as Minors Club).

The junior category is for children aged from 11 to 17. When travelling alone, they can enjoy the safety and comfort of Air Niugini's Kumul lounges, as well as other benefits.

The airline's new Status Points system is Air Niugini's way of recognising and rewarding loyal members based on their travel. Under Status Points, customers can accumulate points together with the Destinations Loyalty Points to reach the different Kumul Club membership tiers

every time they travel with Air Niugini.

Status Points complements the existing rewards points system, allowing members to achieve elite status faster and enjoy more exclusive benefits.

There is no change to the annual membership fees for the new Kumul Club. Members will continue to have access to all domestic lounges in PNG and overseas partner lounges.

The domestic lounges include Port Moresby, Lae, Rabaul, Mount Hagen, Madang, Hoskins, Kavieng, Wewak, Vanimo, Manus and Goroka, while international

partner lounges include Cairns (Escape lounge), Brisbane (Qantas lounge), Sydney (Qantas lounge), Manila (PAGSS lounge), Singapore (SAT Premier lounge), Hong Kong (Plaza Premium lounge), Nadi (Fiji Airways Tabua lounge) and Honiara (Belama lounge).

Air Niugini's Manager, Destinations Loyalty Program, Henry Gelu, says the improvements to the Kumul Club and the Destinations loyalty program are the airline's way of recognising and rewarding its loyal, valued customers.

The Destinations Frequent Flyer membership remains free and has already attracted over 127,000 members in PNG and overseas. ■

CLUB BENEFITS

- ✓ Lounge access in PNG and overseas
- ✓ Priority check-in
- ✓ Priority boarding
- ✓ More baggage allowance

\$7m aircraft added to fleet

Air Niugini has welcomed its fourth Q400 aircraft as part of the airline's fleet transition program.

The acquisition of Q400 was funded by the PNG government through the Public Investment Program (PIP) with the support of Kumul Consolidated Holdings (KCH). The Q400 costs about US\$7 million.

The aircraft was given a traditional water salute when

it touched down at Jacksons Airport last year.

Air Niugini Chief Executive Officer, Gary Seddon, said it had been 10 years since Air Niugini last purchased an aircraft and the acquisition is a testament to the airline's commitment to improving and expanding its services across the country.

He thanked the government for the funding support through the PIP and also KCH for its

continual invaluable assistance.

"This aircraft will play a crucial role in improving our operating efficiency and schedule reliability on domestic routes," he said.

"I would like to extend our sincere thanks to the government, particularly the Minister for State Owned Enterprises William Duma for championing this program as well as chairman and managing director and the team at KCH



Air Niugini management with the new Q400 aircraft at Jacksons Airport.

for their unwavering support in making this possible."

This is the fourth Q400 in the Air Niugini fleet. The airline is looking at a total of eight to replace the current Dash 8 classics. ■



POPE TAKES FLIGHT WITH AIR NIUGINI

Air Niugini had the honour of flying Pope Francis and his delegation from Port Moresby to Dili in East Timor following his tour of Papua New Guinea last September.

The flight was on one of Air Niugini's Boeing 737 aircraft with the full bird of paradise livery.

In command was Captain

Daniel Vavar, accompanied by First Officer Eric Niles. Frederick Soriano was the aircraft engineer while the cabin crew included Suzzane Here-Linglingro, Stephanie Kamo, Carol Kuelik, Frederica Gure and Norman Kari. Also, on board the flight was Air Niugini's Chief Executive Officer, Gary Seddon.

The direct flight from Port Moresby to Dili took over three hours.

Days earlier, the Pope was flown into PNG from Jakarta, Indonesia, on the country's national carrier, Garuda.

Air Niugini was responsible for the ground handling on his arrival. The airline also provided



Air Niugini CEO Gary Seddon meets the Pope in flight.

an ambulift boarding vehicle to ensure easy access and mobility for the 87-year-old pontiff. ■

Air Niugini on board for conference

Air Niugini was among the organisations that attended a three-day Papua New Guinea business investment conference in Sydney late last year.

The conference focused on the energy and resource sectors in PNG and aimed to promote investment opportunities to a global audience.

The Prime Minister, James Marape, officially launched the

event. He encouraged potential investors to take advantage of opportunities in the country, assuring full government support for current and future investors.

Air Niugini's Chief Executive Officer, Gary Seddon, delivered a presentation on the national airline's future, with a focus on its ongoing fleet transition program and investment in modern aircraft.

The conference attracted 1800 delegates, marking the



Air Niugini staff based in PNG and Australia who attended the business conference in Sydney.

largest turnout in recent years.

Investors from countries such as the US, Sweden, Italy, Indonesia, Malaysia and the Solomon Islands were among the attendees, reflecting the global interest in PNG's economic growth. ■

Getting ready for new planes

Air Niugini has started briefing staff about the arrival of the new Airbus A220 into the airline's fleet in September.

At a recent meeting attended by 115 employees, Chief Executive Officer, Gary Seddon, outlined the work being done by an Air Niugini project team responsible for the new aircraft.

The CEO said the airline will ensure staff are equipped with the skills and certifications, and are ready to embrace change as they work towards receiving the new aircraft.

"It's no longer business as usual; we have a great opportunity to improve air travel for our country. We must look at all aspects of our business and take a proactive and assertive approach, to increase aircraft utilisation, to improve services, to deliver affordable, reliable travel," he said. ■

Aviation safety in the spotlight

A strong aviation safety culture is built on trust, transparency, continual improvement of safety systems and collaboration from all sectors of the industry.

Air Niugini's Chief Executive Officer, Gary Seddon, highlighted this when speaking during a three-day Civil Aviation Safety Authority conference in Papua New Guinea last year.

The conference was at Port Moresby's APEC Haus.



Participants at the safety conference.

He said safety is the cornerstone of Air Niugini's operations and that the airline has several initiatives to achieve

appropriate safety culture. They include open communication and collaboration with the regulator and stakeholders, continuous staff training and staff empowerment.

"We encourage all employees from the ground staff to engineers, cabin crew and pilots to report safety issues without fear of retribution. We also invest heavily in training programs for our employees." ■



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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.

ELECTRONIC EQUIPMENT

Cellular telephones, TV receivers or radio controlled devices are not to be used at any time on board an aircraft. Electronic devices such as portable computers, compact discs or cassette players and video games can be used only when the seat belt sign is switched off.

CHILDREN AND BABIES

The cabin crew will also be pleased to assist in preparing your baby's food and bottle. Baby food and diapers are also available. Please do not hesitate to ask our friendly cabin crew.

SMOKING

Smoking is not permitted on any Air Niugini flight.

ENTERTAINMENT

A selection of movies and music including classical, modern, country and local are available on international services.

PILLOWS AND BLANKETS

On International flights, pillows and blankets are available on request from our cabin crew.

CUISINE

Our in-flight* meals have been specially prepared for your enjoyment. If you require a vegetarian meal or you are on a special diet, child or baby food, please inform us when making your reservation.

IMMIGRATION AND CUSTOMS FORMS

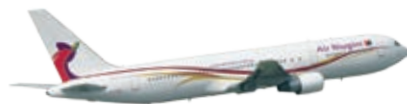
During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

BEFORE YOU LEAVE

Please check your seat pocket and overhead lockers before you disembark to ensure you have not left any items of value. We look forward to seeing you when you next fly with us on our Bird of Paradise Service.



AIR NIUGINI FLEET



B767-300ER – Boeing

Length: 59.94m
 Wing Span: 47.57m
 Range: 8100km
 Cruising Speed: 857kph
 Power Plant: 2 x PW4000
 Normal Altitude: 11000 - 12000m
 Standard Seating Capacity: 188
 Business Class: 28
 Economy Class: 160
 Number of Aircraft in Fleet: 2



B737-800 PXC – Boeing

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



B737-800 PXA – Boeing

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



F70 – Fokker

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



F100 – Fokker

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



DHC8-400 – Bombardier

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



DHC8-202 – Bombardier

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



DHC8-Q315 – Bombardier

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



Falcon 900EX – Dassault

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

Your health inflight

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

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

Blood Circulation / Muscle Relaxation

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

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

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

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

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

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

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

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

Recommendations

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

Jetlag

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

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

Recommendations

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



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

Cabin Humidity / Dehydration

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

Recommendations

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

Eating and Drinking

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

Recommendations

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

Cabin Pressurisation

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

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

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

Recommendations

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

Motion Sickness

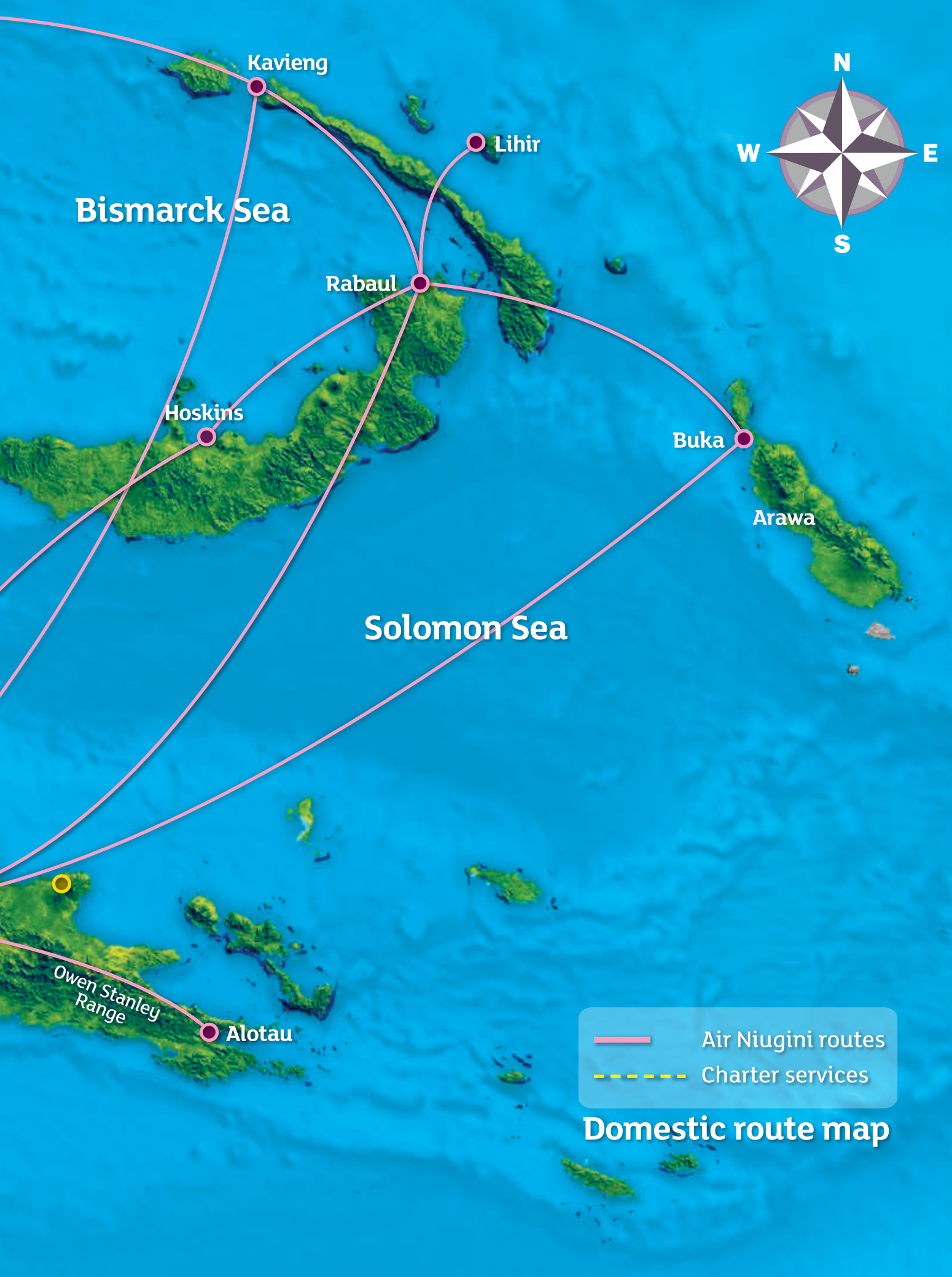
This ailment is caused by a conflict between the body's sense of vision and its sense of equilibrium. Air turbulence increases its likelihood because it can cause movement of the fluid in the vestibular apparatus of the inner ear. If you have good visual cues (keeping your eyes fixed on non-moving object),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

Recommendations

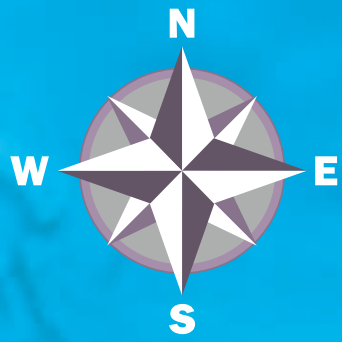
- When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.



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Bismarck Sea



Kavieng

Lihir

Rabaul

Hoskins



Buka

Arawa

Solomon Sea

Owen Stanley Range

Alotau

-  Air Niugini routes
-  Charter services

Domestic route map



HONG KONG

MANILA

SINGAPORE

PORT MORESBY

INDIAN OCEAN

CAIRNS

BRISBANE

SYDNEY

INTERNATIONAL ROUTE MAP



PACIFIC
OCEAN



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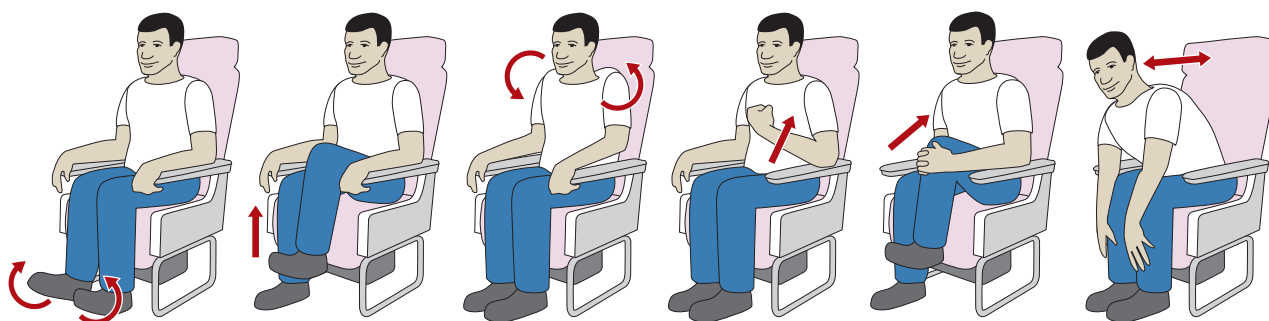


Your wellbeing



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

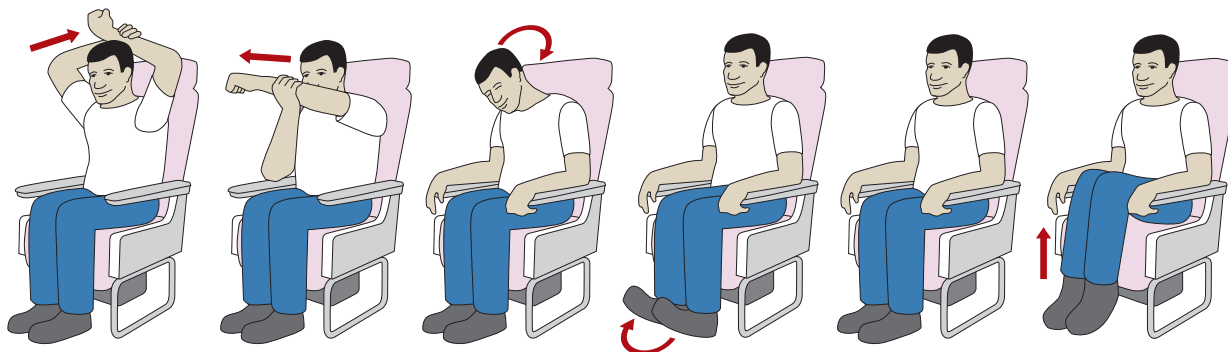
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

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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Building a stronger PNG together

Local businesses play a critical role not just in the success of the PNG LNG Project, but also in the success of our communities and the whole economy.

This is why we are so proud to work with them and with landowner companies. They provide services ranging from road maintenance, construction works, and transportation, to catering, security, medical services, and waste management.

In 2023 alone, 131 PNG companies, including 10 landowner companies, supported us.

In fact, over the past decade, we have spent almost PGK6.8 billion with Papua New Guinean businesses, including PGK2.25 billion on landowner company services.

By engaging local businesses, we're supporting their capacity building and helping them to become self-sustaining enterprises for years to come.

GROWING STRONGER TOGETHER

Celebrating 10 years of partnership, growth and success

