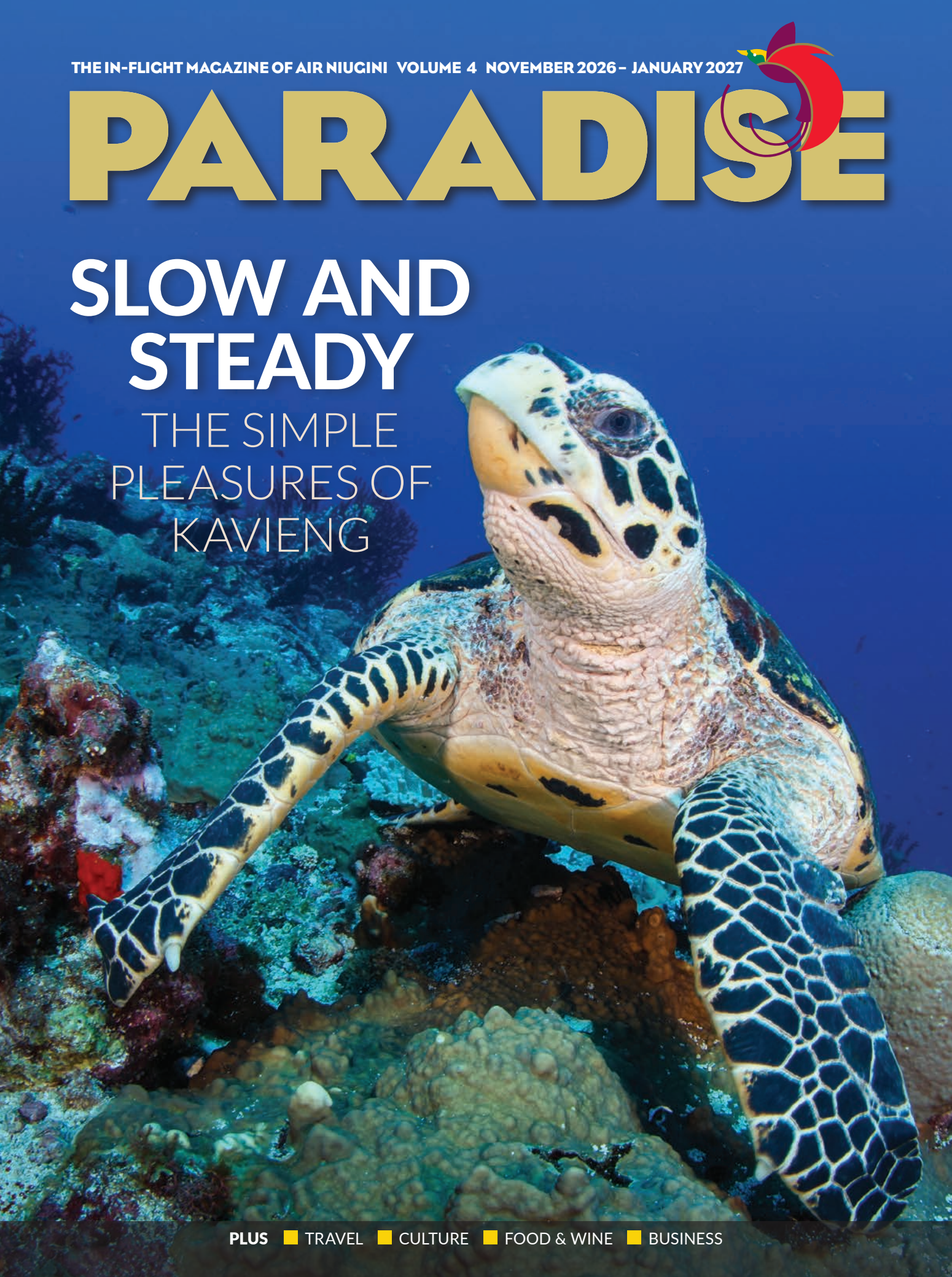
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IN PARADISE

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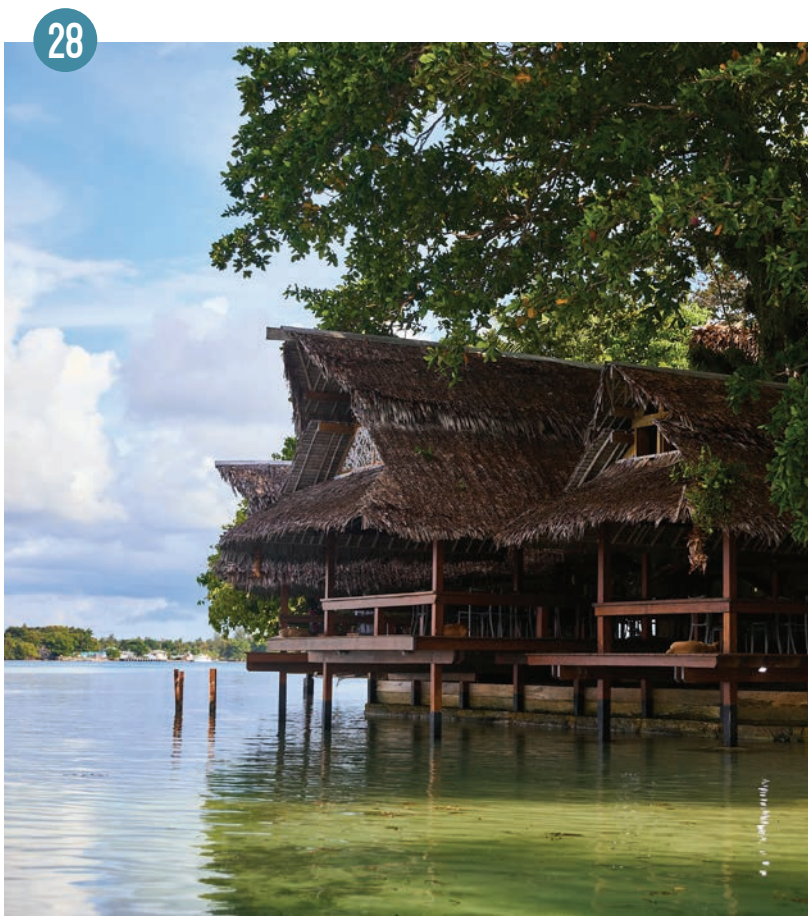
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TRAVELLER

OUR COUNTRY, OUR REGION, OUR WORLD



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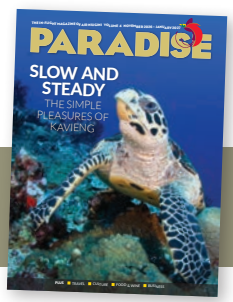
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COVER PHOTO: A turtle on the house reef at Lissenung Island Resort at Kavieng. See our story on page 28. Photo by Grant Thomas.

Message from the Chairman

Welcome aboard



As you settle into your journey with Air Niugini, I invite you to discover Papua New Guinea through the pages of this edition of *Paradise* – a journey that celebrates our country's extraordinary landscapes, living traditions, people, achievements and the opportunities shaping our future.

We begin in Kavieng, New Ireland, where the art of slowing down is itself an experience. From pristine waters, diving, surfing and fishing to fresh seafood, villages and island adventures, Kavieng reminds us that sometimes the greatest luxury is simply having time to appreciate our surroundings.

From the coast, we travel to Bilbil village near Madang, where food prepared in traditional clay pots becomes much more than a meal. Taro, banana, tapioca, greens, pork and coconut milk come together in a centuries-old tradition that speaks of identity, spirituality, family and connection to the land.

Our journey then follows another of PNG's great connections – coffee. 'Black Gold' takes us from the Highlands' smallholder gardens to Australian cafes and roasters, revealing how a simple cup carries the hard work, hopes and livelihoods of farming families, while strengthening the enduring relationship between PNG and Australia.

From our communities, we turn to connectivity and development with the opening of the Port Moresby–Lae Highway under the Connect PNG program. This important road link represents greater mobility and opportunity for communities along its route, reflecting the continuing effort to connect our people and support national development.

We also look back at stories that have helped shape our nation. Australian author Peter Watt shares his enduring connection with PNG, drawing on his experiences here and the people and culture that influenced his writing.

We remember another chapter of history through Operation Render Safe, where PNG and international partners worked to clear unexploded wartime munitions in East New Britain more than 80 years after World War 2.

As we celebrate 51 years of Independence, we showcase the colour and creativity of our nation, from the National Orchid and Flower Show to the proud celebrations held by Air Niugini staff across our network.

To business and investment, the arrival of the Sheraton brand in Port Moresby reflects confidence in the country's hospitality and tourism sector, while the 2026 Business Advantage PNG Investment Conference brought together leaders from PNG and overseas to discuss investment, resources, infrastructure and economic growth.

Sport takes us into another exciting chapter. The emergence of the PNG Chiefs is bringing new energy to rugby league, with Jarome Luai playing an important role recruiting other experienced NRL players to the new team. The development of the C9 Apartment Residences will provide a dedicated home for players and support staff, while the Rosso Mountain Bike Event in Lae demonstrates how sport can bring communities together and inspire healthier, more inclusive participation.

Finally, we bring the journey home to Air Niugini. Our airline is undergoing one of the most significant transformations in its history, led by the re-fleeting program and introduction of the Airbus A220. This investment is strengthening our ability to connect Papua New Guinea with the world, while improving efficiency, comfort and operational capability.

In July, we proudly recommenced direct services between Port Moresby and Tokyo after a six-year absence.

Alongside this transformation, our commitment to our people and communities continues through partnerships such as Operation Open Heart and medical outreach initiatives, while we work with our tourism partners to showcase PNG to international markets.

As your national airline, Air Niugini is privileged to carry you across our beautiful country and beyond. We hope this edition of *Paradise* inspires you to explore, appreciate and celebrate PNG – a nation rich in culture, natural beauty, enterprise, sporting spirit and possibility.

Karl Yalo
Chairman, Air Niugini Board



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Across major projects such as Ok Tedi and New Porgera, KMHL is helping deliver stronger financial performance, extended mine life, improved national returns and greater local participation. These achievements reflect a clear strategy: minerals must support not only mine operations, but also the communities, industries and infrastructure that grow around them.

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- Promoting special economic zones and shared-use infrastructure
- Supporting local communities, national content and skills development
- Building sustainable partnerships that create value for Papua New Guinea

From hydro-powered refinery opportunities at Ramu NiCo to the development of in-country gold refining, KMHL is pursuing initiatives that retain more value in Papua New Guinea, create new economic corridors and open pathways for local investors, businesses and workers.

KMHL's commitment extends beyond production. Through community-focused programs, support for schools, churches, health facilities, solar projects and technical training, the company is investing in the people and places that make national development possible.

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PARADISE Q&A

PETER WATT

The Australian author has set five of his 25 novels in PNG, including his upcoming book. He tells *Belinda Jackson* how his life is inextricably connected to PNG.

Q: You've written 24 books and are working on your 25th – can you tell us what it's about?

A: I'm writing about the New Guinea Volunteer Rifles (NGVR). The NGVR was a local private militia unit, which located the Japanese, then retreated into Lae and Salamaua and the Markham Valley to block them from getting onto the Kokoda Trail. And yet, they're forgotten. The new book starts in Rabaul and travels to the Markham Valley in Morobe Province, down to Port Moresby and overseas to the US. It will go to print, audiobook and e-book in late 2027.

Q: What first piqued your interest in Papua New Guinea?

A: When I was a kid growing up in the 1950s, I was fascinated by Africa, which was always predominant in the stories I read. PNG is Australia's Africa. We all think of Africa as the mysterious, dark continent, but it was explored and mapped before PNG. So, I've long had a fascination with the country, its wonderful people, fauna and flora; PNG is very precious to me.

Q: Throughout your life, you've been a soldier, a prawn trawler deckhand, a legal clerk, a police sergeant – how did you end up working in PNG?

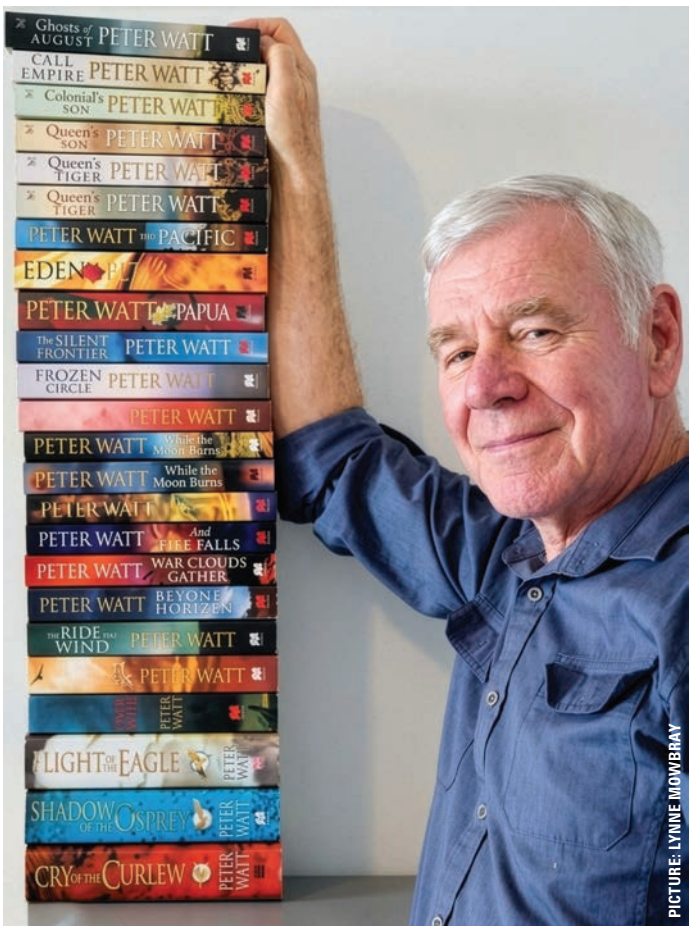
A: I spent three years in the Australian Army and wanted to train as a *kiap* (patrol officer in PNG), but I just missed out as they stopped running the program in 1975; I was bitterly disappointed. In 1990, I finally got my opportunity and joined the Australian International Development Assistance Bureau's police project to train the local police force in PNG. I had two very interesting years in PNG, memories of which have stayed with me ever since.

I thought it was my work there that created that link with PNG, but I realise now that it goes further back: my father was a mid-upper gunner on a B-24 Liberator, flying over New Guinea and Indonesia during World War 2, while my mum was in the Australian Women's Land Army. When the war ended, my father came to the RAAF base to hand in his revolver and badge, and my mum was sitting at the desk waiting to receive it. And that's how they met.

My sister was the first female coastal observer with the Australian coastal surveillance group Coastwatch and flew all around the north of Australia and the Torres Strait, so that's another link to PNG.

Q: What was your time like living in PNG?

A: I'd been a police sergeant in NSW, and in PNG I worked alongside mobile squads in Port Moresby and in the Highlands. Here, I discovered the system was very different from Australia's; the most serious crimes were witchcraft, then pig stealing, with murder coming

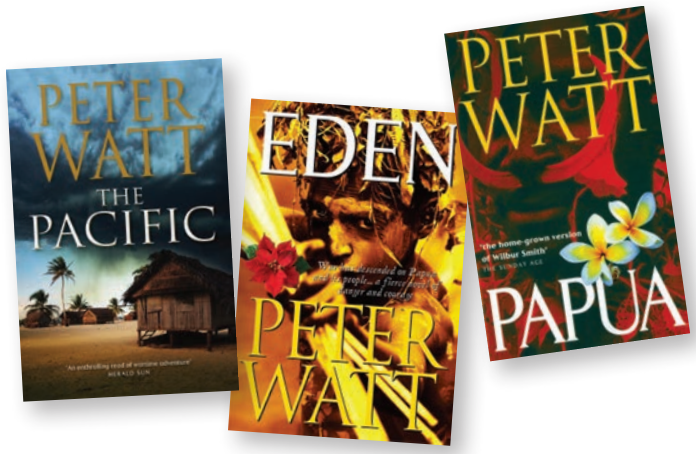


Author Peter Watt with a stack of his books (this page); the three books from his Papua trilogy (opposite).

about third. I found out what wonderful people the Papua New Guineans are, and as I worked on the job, which included forming a unit to fight gang violence around Port Moresby, I also learned Tok Pisin.

Q: Your earlier series is the Papua trilogy; what's it about and where is it set?

A: The series starts with an Australian soldier returning from World War 1 to find out his wife died during the global influenza pandemic of 1919, leaving a four-year-old son he's never met. The story develops their father–son relationship over the next 25 years. The books span from 1918 to 1945, through two world wars and across the globe including PNG, but my stories aren't war stories; the wars are the background. My stories are about families, and 80 per cent of my readers are women.



In the 1980s, I met some World War 1 veterans, and I've also interviewed World War 2 diggers, so I have incorporated their memories and official eyewitness accounts into my books. One of my fellow officers (in the Australian army) had been a *kiap* so when we were serving together, I'd ask him about his service as a patrol officer.

Q: What excites you about PNG's future?

A: I can understand why we would put a rugby league team in PNG – it's a religion and passions run high over the state-of-origin match, even if they've never been to Queensland or NSW; that's how fanatical they are. The PNG Chiefs have probably got one of their fans in me. I've still got friends in PNG; I'd like to go back to Port Moresby to see how it's changed; I might go back when the footy starts there.

PNG writers haven't got the publicity of the European writers yet, but they've got a massive wealth of stories to tell; in the years to come, PNG will produce more great writers. ■

For more information about Peter Watt's novels, see peterwatt.com.

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Port Moresby to Lae road opens







The Prime Minister James Marape with fellow politicians and Department of Works and Highways personnel on the road trip (above left); the PM's convoy at first light after departing Port Moresby (above middle); the PM stops for a break to check on his team at the Gulf and Morobe border (above right).

The new Port Moresby to Lae highway has been officially opened, with Prime Minister James Marape undertaking a two-day, 830-kilometre journey along the route in September.

The Prime Minister, accompanied by the Deputy Prime Minister and Lae businessman John Rosso, travelled in a convoy of more than 200 vehicles.

The drive was livestreamed on the Facebook page of the Department of Works and Highways, allowing the entire nation to witness the much-needed development that will link Papua New Guinea's two biggest cities and boost economic opportunities for rural communities along the route.

The highway is part of the government's Connect PNG Program, a 20-year plan that aims to construct roads in remote and rugged terrain all over PNG until 2040.

The Minister of Works and Highways, Peter Tsiamalili Junior, was with the Prime Minister in the convoy and said: "Through the roads, we will unleash an economic viability and prosperity that each and every one of our Papua New Guineans deserve in their own country, in their own land, through the connectivity of roads."

> "Through the roads, we will unleash an economic viability and prosperity that each and every one of our Papua New Guineans deserve in their own country."

Large parts of the highway are still unsealed, but there are plans for the Department of Works to seal the entire road over the coming years.

The PM's drive did not stop in Lae. He continued through the Highlands region, stopping at Eastern Highlands where he commissioned the new Bena Bridge and a four-lane road in Goroka. Plans are also in place to construct another 36 bridges along the highway. ■

– MARY TAO

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AIRLINE STAFF EMBRACE INDEPENDENCE

Air Niugini staff across the airline's domestic and international networks joined fellow citizens in celebrating Papua New Guinea's 51st independence anniversary in September.

At the airline's Port Moresby head office, celebrations included a flag-raising ceremony, the singing of the national anthem, recitation of the national pledge and cultural presentations.

Staff (pictured) proudly turned up in the national colours of red, black and gold, while others were adorned in traditional attire representing PNG's four regions.

Addressing employees, Air Niugini Chief Executive Officer Alan Milne reflected on the airline's special place in the nation's history, noting that Air Niugini was established two years before the country gained independence and has continued to play a critical role in connecting people, supporting economic growth and nation-building. ■





More news from Air Niugini, pages 118, 119.

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SCAN ME

PNG CHIEFS' ACCOMMODATION TAKES SHAPE

The Constantinou Group is pressing ahead at pace with the PGK200 million C9 Apartment Residences, a landmark mixed-use development that will house players and support staff for the new PNG Chiefs rugby league team.

Located at the group's Airways Hotel & Residences, the seven-storey complex comprises 79 apartments in one-, two- and three-bedroom configurations, a retail offering, a bank and medical facilities.

Residents will also have access to existing amenities within the Airways Hotel precinct, including a wellness spa, gym, tennis court, leisure pool, lap pool and recreational park.



PICTURES: SUPPLIED BY THE CONSTANTINOU GROUP







The C9 Apartment Residences (opposite and above) are being built to the highest international standards by the Constantinou Group.

> This project represents our ability to deliver world-class infrastructure with a compressed timeline to the highest-quality standards.

There are more than 350 workers onsite who are engaged by the Constantinou Group's construction company, Lamana Development Limited. They are aiming to finish the project by late 2027.

The other subsidiaries of the Constantinou Group are playing a pivotal role in the project. Monier Limited is supplying essential building materials, while Hebou Constructions is overseeing civilworks and earthworks.

"This project represents our ability to deliver world-class infrastructure with a compressed timeline to the highest-quality standards," says George Constantinou, Group Chairman and Governing Director of the Constantinou Group.

"We are also grateful to have supportive development partners like the Bank of South Pacific whose funding made this project possible," he says.

Lamana Development Limited's previous developments include the Taumeasina Island Resort in Samoa, Moki Business Park, Rangeview Plaza, Coastwaters Apartments and the Nambawan Super Plaza.

The Constantinou Group is a privately owned, multigenerational family enterprise with diversified investments across construction, property and hospitality in the South Pacific. ■



BOMB DISPOSAL MISSION TARGETS RABAUL, KOKOPO

A joint military operation between Papua New Guinea, Australia, Canada, France, New Zealand and the US has cleared 2200 unexploded World War 2 munitions in East New Britain.

Operation Render Safe was conducted last June in the Rabaul, Kokopo and Gazelle districts.

The Australian Defence Force (ADF) led the operation and says that clearing the munitions allows communities to live more safely.

Explosive remnants of war (ERW) can sit undisturbed for decades in waterways and forgotten tracks before being uncovered by shifting soil, weather or farming, according to the ADF.

There is no suggestion that the munitions are being found in tourist areas, but instead the searches have been focused in difficult-to-access terrain where communities live and farm.

The munitions are often reported by locals, and a reconnaissance in East New Britain in 2025 identified more than 1600 ERW across the province, with hundreds more uncovered during the actual operation last June.

The Director of the East New Britain Provincial Disaster and Emergency Services Centre, Donald Tokunai, says ERW continue to affect communities more than 80 years after the end of the war.

"The number of war remnants in our communities is huge. While many items have already been disposed of, new discoveries continue to be reported."

Operation Render Safe is in its 22nd year and targets not only PNG but the entire South Pacific region, including the Solomon Islands, Vanuatu, Nauru and Tuvalu.

The last time such an operation occurred in PNG was in 2011 when about 2000 ERW were removed.

The extent of the munitions found in the recent PNG operation is not clear, but previous finds across the South Pacific have included naval shells, 100lb bombs, 55mm mortar rounds and hand grenades. In many cases, the munitions had been stockpiled, forgotten and overgrown in thick jungle.

– ROBERT UPE





PICTURES: AUSTRALIAN DEFENCE FORCE





Army personnel and locals at a crater created during the disposal of a bomb (main); an Australian soldier assesses an unexploded bomb (top); soldiers removing a bomb from a community area (middle); an army technician sets a charge to destroy unexploded ammunition (above).



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CYCLING HITS TOP GEAR IN LAE

One of the fastest-growing community events in Papua New Guinea is the annual Rosso Mountain Bike Event staged at the Lae Botanical Gardens and the Morobe Showgrounds.

The event attracted more than 1700 cyclists – and thousands of spectators – in 2026.

Riders take part in several age groups, starting with children as young as seven and culminating in riders who qualify as 'golden oldies'.

The event is a celebration of cycling, health and community spirit.

The idea for it started in 2019 when local bike clubs approached Lae politician John Rosso (now Deputy Prime Minister) with a proposal to create a cycling event for the community.

With his support, Lae City Authority formed a working committee of volunteers and community representatives to bring the vision to life.

After a pause caused by COVID-19, the event has gained momentum each year and is now managed by an organising committee through the Lae Tourism and Events Office.

Children aged seven to 15 compete in divisions that give them the opportunity to develop confidence, skills and a passion for cycling.

Older teens and adult riders take on a more challenging course, starting from the Morobe Showgrounds and travelling through areas including Raun Wara and the Botanic Gardens



Cyclists line up in the female 16 to 18 age division in the Rosso Mountain Bike Event.

PICTURES: SUPPLIED BY LAE CITY AUTHORITY

> "It is a genuine community event, Lae style."

before returning to the showgrounds, where the event is livestreamed on a big screen.

At the heart of the event are the volunteers and cycling community who make it possible. The Lae Cycling Association, representing 16 clubs and about 1500 members, plays a major role in supporting riders and providing volunteers, including course marshals.

Former cycling champion Alfred Pogo Junior leads the coordination of the racing program, while Willie Amos and his team work on preparing the challenging course through the Botanic Gardens.

The event also recognises inclusion through the People with a Difference (PWD) category, celebrating participants who have a disability.

One of the highlights of the male open competition has been the three-time back-to-back wins by Kingsley Hopkins in 2024, 2025 and 2026.

Beyond competition, the Rosso Mountain Bike Event is a community development program. It promotes road safety, healthy lifestyles and cycling awareness.

Goodman Fielder International (PNG) is a platinum sponsor supported by other key







Competitors and spectators at the Rosso Mountain Bike Event; some of the trophies up for grabs (left).





business houses, and the Lae City Authority contributes funding.

Each year, 1000 Rosso mountain bikes are purchased, with 800 distributed through a raffle during the event. In 2026, 32,000 raffle tickets were sold, creating excitement among communities as winners received their bikes.

The future vision is to continue building cycling in Lae and Morobe, including school safety programs, strengthening cycling clubs and encouraging more communities to become involved.

For Chairman, John Byrne, the success of the event comes from teamwork.

"It is a genuine community event, Lae style," he says.

"From young children discovering cycling for the first time to experienced champions passing on their knowledge, the event represents something bigger than sport," he says.

It represents a community moving forward together – one pedal stroke at a time.

The next event will be in March 2027, but at the time of going to print an exact date had not been finalised. ■

– RUTH WAZOB



CPL rewards outstanding women

Six women were recognised for their exceptional contributions across various fields at the 14th CPL (City Pharmacy Limited) Foundation Pride of PNG Women Awards.

The six were picked from 100 nominees, who were narrowed down to 18 finalists.

The winners were announced at an awards night in Port Moresby in August.

"At its heart, the Pride of PNG Women Awards celebrate ordinary women doing extraordinary work," Deborah Alois, CPL Foundation Manager, said on the night.

She said the awards honour women whose contributions may not always be visible nationally, but whose actions are changing lives across Papua New Guinea.

The winners were Sister Bolena Azimo (Health and Wellbeing), a midwife focusing on maternal health and safer childbirth in rural Eastern Highlands; Theresa So'on (Rising Star), a medical imaging science student at the University of PNG who has displayed exceptional leadership skills; Emma Oliver (Knowledge and Skills), a champion for marine conservation in East New Britain and also the winner for the Westpac Outstanding Women Awards' Sustainability category; Joan Luek (Care and Compassion), the creator of a support group for single mothers and widows in Lae; Julie Rereve (Enterprise and Innovation), a cocoa researcher who has supported over 250 cocoa farmers to create high-quality cocoa products in Bougainville; and Miriam Francis (Bravery and Courage), the only woman magistrate serving in her village court in Markham, Morobe, who ensures women and children get the protection and justice they seek.

Also highlighted was women's clinic Her Health Hub, a joint initiative of the CPL Foundation and the Sir Brian Bell Foundation.





PICTURES: LENNOX MATAINAHO



1. **Joan Luek, the winner in the Care and Compassion category, receives her award from Lady Usha Patel, co-founder of the CPL Group.**
2. **Julie Rereve, the winner in the Enterprise and Innovation category.**
3. **Rising Star Theresa So'on receives her award from judge Lydia D Jofari.**
4. **Sister Bolena Azimo, winner in the Health and Wellbeing category, with Stephanie Copus-Campbell, the Chair of CPL Group and CPL Foundation.**
5. **Miriam Francis, the winner in the Bravery and Courage category.**
6. **Emma Oliver, the winner in the Knowledge and Skills category.**







The clinic offers affordable testing for cervical cancer and HPV, and partners with Port Moresby General Hospital for treatment.

"Whether you take home an award or not, your story has inspired us all," said CPL Group Chairman Emeritus, Sir Mahesh Patel.

"It reminds us that true leadership is not measured by titles or position, but by the difference we make in the lives of others," he said. "To all our finalists and winners, thank you. Thank you for reminding us what is possible through kindness, perseverance and service. PNG is a better nation because of women like you."

Air Niugini is a major sponsor of the awards, flying in finalists from around the country. ■

– MARY TAO

Inspiring women recognised by Westpac

More than 200 nominations from across Papua New Guinea were received for the 2026 Westpac Outstanding Women Awards. The winners were recognised in seven categories: entrepreneurship, not-for-profit, private sector, public sector, sports and arts, sustainability and young achiever.

The overall winner was Stella Ipang. She also won the private sector category and was recognised for her leadership in advancing gender equality, disability and social inclusion across PNG's immunisation sector. Her work has helped support more inclusive health care for women, children and marginalised communities.

Speaking at the awards ceremony in Port Moresby, Westpac's Tamzin Wardley said: "As Chairwoman of the Board, I am incredibly proud to celebrate the women recognised through these awards. Their achievements demonstrate the power of leadership and resilience to create meaningful change in our communities. The Westpac Outstanding Women Awards recognise women who are breaking barriers, creating opportunities for others and helping shape a stronger future for our nation."

> "We are proud to recognise these outstanding women and the positive impact they are making across the country."



PICTURES: WESTPAC



The winners of this year's Westpac Outstanding Women Awards (above); overall winner Stella Ipang (right).

The seven winners were Martha Raka (entrepreneur category), Jacqueline Mary Boga Garoau (not-for-profit category), Stella Ipang (private sector category), Elizabeth Tandoa (public sector category), Emma Oliver (sustainability category), Wosi Kaeyo (sports and arts category) and Getta Kambar (young achiever category).

As overall winner, Ipang received a PGK5000 grant and a full-year mentorship program with Westpac PNG. She will also attend an Australian executive leadership symposium.

Emma Low, Managing Director for Westpac Pacific, said: "Stella's commitment to advancing inclusion and improving health outcomes has created tangible benefits for communities across PNG. Her achievements stood out among an exceptional group of finalists."

Ipang said: "Receiving this award is an honour. I am grateful to do work that has a positive impact on our community. I hope this recognition encourages more women and young girls to pursue their ambitions, embrace leadership opportunities and believe in their ability to make a difference."

Chief Executive for Westpac PNG, Andrew Cairns, said: "We are proud to recognise these outstanding women and the positive impact they are making across the country. Their leadership, courage and commitment show what is possible when people step forward to serve their communities and help build a stronger PNG. I congratulate all the finalists and winners and thank them for the difference they continue to make." ■

Hilton wine dinners a big hit

Port Moresby's Hilton Hotel has been staging a series of wine dinners since 2024, which are proving to be one of the hottest tickets in town. Seats at the PGK699 to PGK899-a-head evenings are being sold out within hours of going on sale.

Held at the hotel's Host Bistro, each dinner features a selected winery with a representative from the winery hosting the event and guiding guests through a bespoke chef-crafted menu paired to the wines.

The wine representatives provide insights into the history of the featured winery, and speak about winemaking philosophy and their premium wine portfolio.

Recent dinners have featured South Australia's Penfold wines and Yering Station, a winery located in the Yarra Valley in Victoria, Australia.

The six-course degustation menu with matching wines is preceded by canapes and champagne. Local musician Dylan Au, who appeared on the EMTV talent show *Vocal Fusion*, has provided entertainment.

The dinners are limited to 50 people. "Demand has been exceptionally strong," says the Hilton's Commercial Director, Robbie Turner.

"They (the dinners) demonstrate the popularity of the concept and strong guest interest in premium wine and dining experiences." ■

– ROBERT UPE



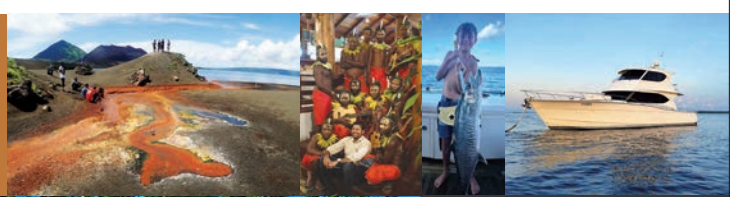


PICTURES: SUPPLIED BY HILTON

Penfold wines (above) and dishes from the degustation menu (left).

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A BLOOMING GOOD SHOW

There's no shortage of ways to celebrate Papua New Guinea's independence every September. There are cultural dance shows, live music, food markets, city parades, festivals and special hotel brunches. In 2026 (as well as 2025), there was also the National Orchid and Flower Show, a two-day spectacular held on September 12 and 13 at the National Parliament that brought together florists from around PNG to exhibit their blooms.

One of those florists was The PNG Gardener & Flower Shop, a well-known name in the landscaping, gardening and floristry space.

"We featured orchids from both the lowlands and highlands of PNG, reflecting the incredible diversity of our own backyard, alongside plants and orchids sourced from Singapore, Malaysia, Thailand, China and several other Pacific nations," says the shop's Ranjith Ravikumar.

"We wanted to showcase the incredible flora of PNG alongside flowers and plants from other countries, giving visitors a chance to see how our local varieties compare and connect with the wider world of horticulture."



PICTURES: RANJITH RAVIKUMAR

The National Orchid and Flower Show in Port Moresby showcased plants from PNG and overseas.



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The verdict, according to the thousands who descended upon Waigani for the show, was that PNG's roughly 3000 species of orchids more than hold their own on the world stage.

Rare orchids such as the purple *Phalaenopsis* (moth orchid) were encased in specially designed boxes while others were sculpted into massive birds of paradise. Fresh blooms ringed traditional masks while others were stitched into traditional attires and natural-fibre hats. It was a brilliant fusion of culture, design and national pride, making it a show for everyone, whether a curious spectator, hobbyist, tourist, national patriot, industry insider, flower-seller or dedicated collector.

> "It was a brilliant fusion of culture, design and national pride, making it a show for everyone."

Entry into the show was free, with the exhibition running from 9am to 5pm Saturday and Sunday, in line with Parliament's visiting hours, allowing plenty of natural light for the displays. While the show, held at the Sir Rabbie L. Namaliu Orchid Gardens, only ran for two days, an enormous amount of preparation weeks beforehand went into making it a success.

"The setup alone took nearly three weeks to complete," says Ravikumar. "A significant number of plants and flowers were flown in from overseas specifically for this show, and every single piece was arranged with real care and an eye for aesthetics."

Given the public demand at both shows so far, the goal now is to make future shows bigger and better, with more exhibitors and flower-sellers from other provinces joining in and sharing their wares. There is a lot of potential, says Ravikumar, for it to become a "true destination event for PNG, one that puts our horticulture, our growers and our culture firmly on the map for visitors and tourists."

Orchids, and other flowers, can be purchased throughout the year from The PNG Gardener (pnggardener.com.pg) outlets at Waterfront or Palm Cove, Waigani Drive. ■

– THERESA PATTERSON



BIG PICTURE

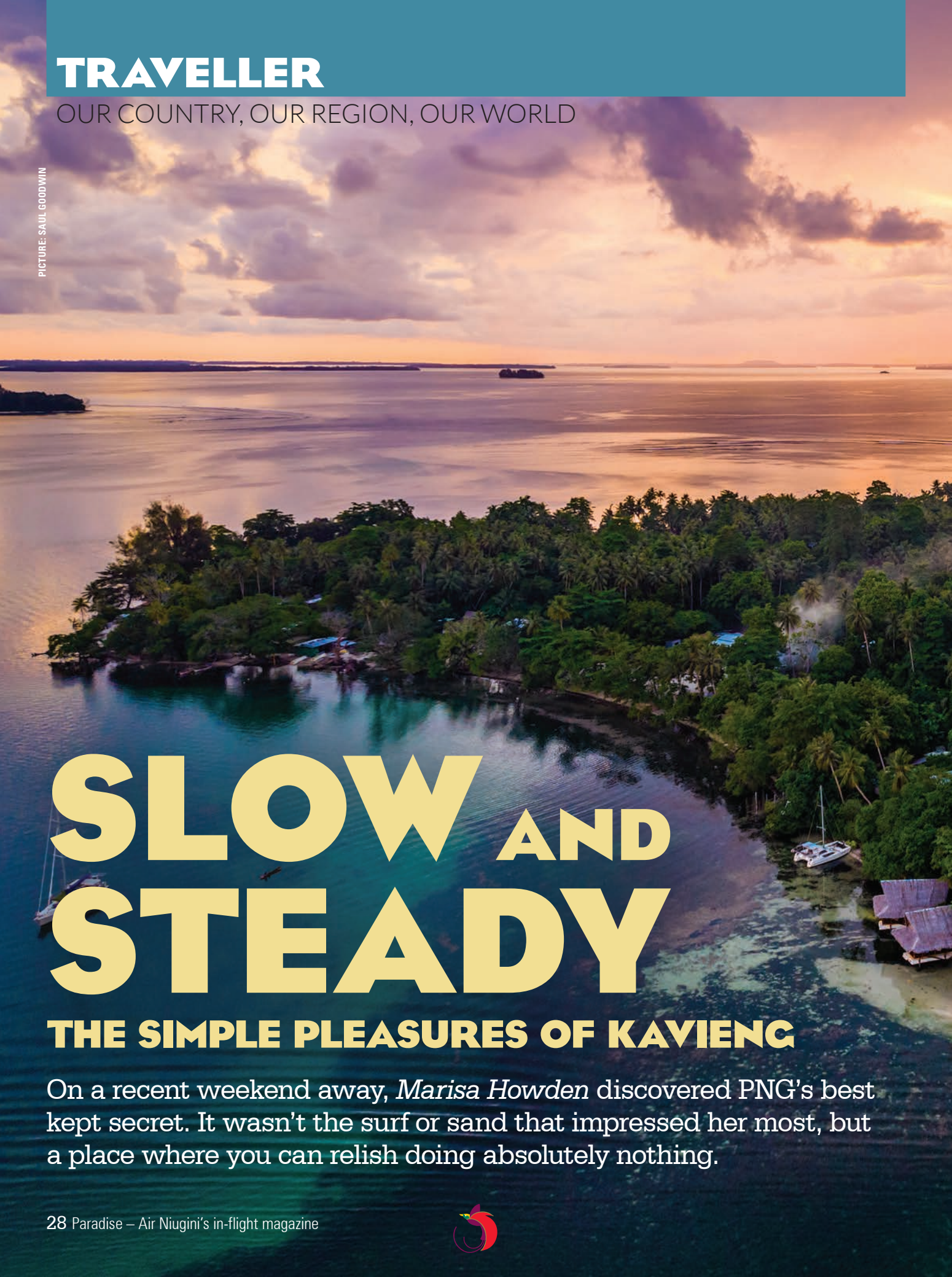
TAKEN BY PAGE CHICHESTER

Perched on a lush ridge above the water's edge, St Michael's Catholic Church and primary school overlook the tropical landscape of Garove Island in Papua New Guinea's Vitu Islands in West New Britain. During an expedition cruise, the photographer and his fellow passengers were warmly welcomed by villagers with an exuberant display of traditional dance. The church was built by German missionaries (the exact year uncertain) and has views across Johann Albrecht Harbour. The harbour is a deep horseshoe-shaped caldera.





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.



PICTURE: SAUL GOODWIN

SLOW AND STEADY

THE SIMPLE PLEASURES OF KAVIENG

On a recent weekend away, *Marisa Howden* discovered PNG's best kept secret. It wasn't the surf or sand that impressed her most, but a place where you can relish doing absolutely nothing.



Nusa Island Retreat, off the coast of Kavieng, provides a perfect setting where you can slow down.

The phrase *Il dolce far niente* was first coined by the Italians. It translates to the 'sweet art of doing nothing.' It isn't about being lazy, but more about savouring the present moment. If you've ever been to Italy, you can understand how the Italians truly live by this mantra as they take pleasure in simple things, from slowly sipping an espresso to people-watching in a piazza.

But I've come to believe that the true origins of this philosophy started somewhere else. Somewhere a little closer to home – Kavieng to be exact. Or maybe it's all New Ireland Province, but the sweet art of doing nothing must have roots in the Pacific. It was after a recent visit to the area that I was reminded of how much beauty there is in simply doing nothing.

Nestled into Nusa Island Retreat off the coast of Kavieng town, I learnt to slow down and enjoy the beauty of my ➤





PICTURES: JOHN LAURIE



PICTURE: MARISA HOWDEN

surrounds. In this day and age, it can be hard to find a place that allows you to do this. Most holidays include jam-packed itineraries that leave you exhausted and wishing for another break. But in Kavieng, it was easy to do the exact opposite.

It started with lying in a hammock and watching the tide roll out across the bay. Then it was savouring the sweet taste of *kulau* (a green coconut for drinking) picked fresh from a tree. It was dozing in the afternoon shade to the rhythm of your children's laughter as they played for hours with the local village kids. It was taking the time to enjoy the smell of frangipani lingering in the air. It was trying your hand at some afternoon fishing and then watching the sun dip below the horizon.

It was admiring the smiling faces at the local market as you peruse the selection of fresh produce. It was the friendly welcome by locals in the various villages that lined the long stretch of coast and the ease of chatting with them. It was taking the time to admire the kaleidoscope of colours beneath the sea while snorkelling. It was devouring a book in one afternoon without feeling guilty. *Il dolce far niente* indeed! ➤









PICTURES: LISSENUNG & MARISA HOWDEN





A coconut refresher at Nusa Island Retreat, a hammock by the sea, birdlife at Nusa Island Retreat (opposite); calm seas and colourful coral near Lissenung (top left); Kavieng market (top middle and top right); underwater near Lissenung (above); one of the cabins at Lissenung Island Resort (left).



PICTURES: JOHN LAURIE





A peaceful deck chair at Nusa Island (far left) and an island feast (left).

Of course there are still adventures to be had here. Nusa Island Retreat is a destination in itself. The eco-resort is a five-minute boat ride from Kavieng's main market area and includes a fully serviced restaurant and different styles of bungalows that cater to solo travellers, couples and families.

At night, an elaborate buffet dinner with fresh seafood makes for some of the best food I've eaten in Papua New Guinea.

Complimentary paddleboards, kayaks and snorkelling gear are available, and the staff are happy to organise day trips to outer islands or villages along Kavieng's coast. ➤





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PICTURES: MARISA HOWDEN

> “Kavieng’s true beauty comes from the joy of doing nothing. Find yourself a beach, a hammock, a boat, a watering hole or a coconut tree and simply enjoy it.”

One of these includes a road trip up Kavieng’s stunning coastline. Eighty minutes up the Boluminski Highway towards Namatanai is the village of Laraibina, famous for its freshwater eel feeding. It’s a fun activity for the kids as they watch dozens of eels emerge from their hideouts to gorge on tinned fish. A stroll through the village and along the river that feeds into the beach makes this an excellent stop. Fissoa village is another 10-minute drive up the highway and is a great place for a swim and lunch. The freshwater creek is like something out of the movie *Blue Lagoon*, surrounded by lush jungle and a rope swing that makes for a thrilling break.

Bring a picnic and you can easily spend hours swinging and swimming with the village kids. A bit further up the highway is Belifu Canyon, another refreshing swimming spot with crystal-clear waters bordered by towering rock walls. On your way back to town, stop at the caves that were used by the Japanese in World War 2 for a peek at war relics.

If island hopping is more your scene, there are plenty of spots that you can access by boat. Nago Island is the easiest, with turquoise waters and a thriving reef for snorkelling. If diving is on your agenda, Lissenung Island Resort is the perfect place to base yourself. The resort’s full-service ➤



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Eel feeding at Laraibina village and a rope swing over a jungle river (opposite); bungalows at Nusa Island Retreat (this picture).

PICTURE: JOHN LAURIE

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The house reef at Lissenung is home to turtles and more than 350 fish species.

PICTURE: GRANT THOMAS

dive facility caters for up to four dives per day across dozens of dive sites.

Kavieng is known for its pelagic action, with schools of giant trevally, barracuda, and Spanish mackerel aplenty, but be prepared for the strong currents that come with pelagics.

There are 350 fish species on Lissenung's house reef alone, as well as juvenile shark, turtles and octopus. World War 2 dive wrecks, vertical walls and muck dives are also at hand, plus Lissenung offers a learn-to-dive program.

One of the biggest attractions of Kavieng is its surf scene. Between November and April, hundreds of international surfers descend to catch uncrowded waves that roll in from the north Pacific. Both Nusa and Lissenung cater to surfers and can arrange daily transfers to the best breaks. You may even get a chance to share a wave with some of the local kids who ride locally made timber boards called 'splinters'. ➤



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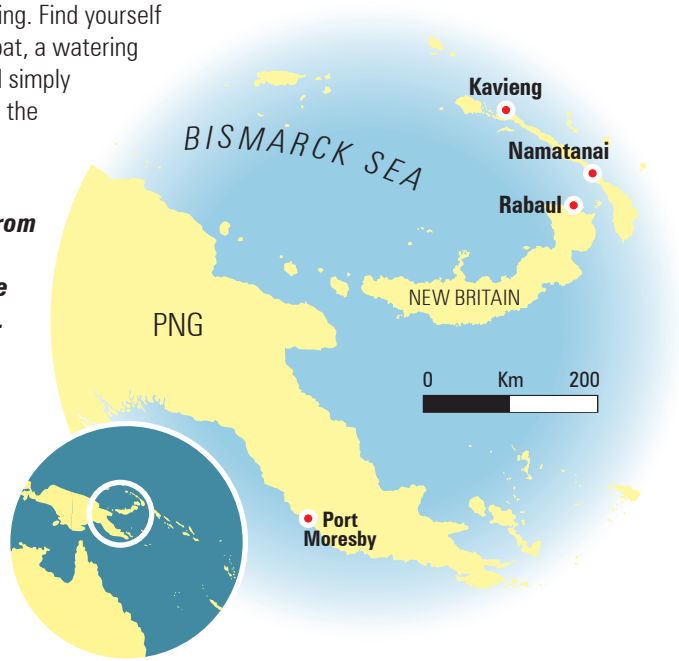
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Fishing is also available if you're keen to try your hand at catching one of the pelagics that roam the seas around Kavieng. If you get lucky, the resorts will cook up your catch.

To experience Kavieng's local culture, a visit to the main market on a Saturday is a must. New Irelanders travel from afar to sell their fresh produce, and there are plenty of smiling faces to welcome you. Fresh seafood including mud crab and fish is in abundance, as well as *bilums* (bags) and *bilas* (decor) that are unique to New Ireland. Nusa Island also has its own small market with jewellery, shells and trinkets available.

But don't feel like you must do all of that. Remember, Kavieng's true beauty comes from the joy of doing nothing. Find yourself a beach, a hammock, a boat, a watering hole or a coconut tree and simply enjoy it. You'll be teaching the Italians a thing or two in no time. ■

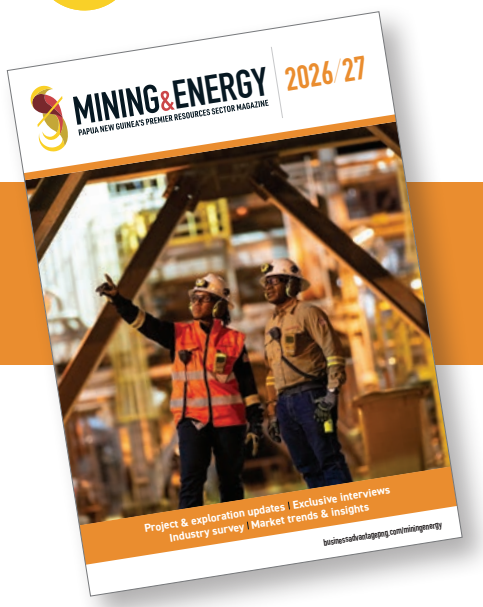
Air Niugini flies from Port Moresby to Kavieng daily. See airniugini.com.pg.



IF YOU GO

Nusa Island Retreat (nusaislandretreat.com) has traditional-style beach bungalows, some over water. Lissenung Island Resort (lissenung.com) also has traditional-style bungalows, all are ocean front. The resorts offer swimming, snorkelling, diving, surfing, village tours and more.

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PICTURE: FRANK HAVILAND

BACK TO COUNTRY

After more than 40 years away, *Ruth Wazob* returns to Finschhafen on a journey that rekindles childhood memories.

After more than four decades away, I have decided to return to Finschhafen, the place where I was born and where I spent my early childhood.

It's on the northeast coast of Morobe Province, on the eastern side of the Huon Peninsula. Mountains, rainforest, rivers and coastal plains shape the landscape.

I'm travelling there by banana boat from Voco Point in Lae, crossing the sea to DCA Beach at Gagidu, a landing point near the old airstrip. The name DCA comes from the former Division of Civil Aviation, which operated in the area.

As the banana boat approaches the shore, my memories of growing up here come flooding back.

The Finschhafen I return to is not exactly the Finschhafen I remember. Buildings have changed or disappeared, and some areas have become overgrown. The old airstrip is no longer the open space I remember.

But the mountains still rise behind the communities, rivers still flow towards the sea, the coastline remains familiar and Butaweng Falls continues to thunder.

Finschhafen's European history goes back to the 1880s, when it became one of the earliest centres of German colonial activity. Its coastal position made it an important point of contact for administration, trade and missionary activity.

The Lutheran mission later became deeply connected to the region's history. At Simbang village on Langema Bay, Johann Flierl set foot on Morobe soil in 1886, beginning a mission that would influence education and religion across the province.

For travellers, Finschhafen offers waterfalls, coastal villages, mission history and reminders of its colonial past – all within a landscape that remains largely wild and remote.

Gagidu is still the administrative and commercial centre of Finschhafen. When I grew up there in the 1970s, it was a small but lively community with government offices, police barracks, a clinic, primary school, vocational centre, trade stores, a markets and the airstrip used by small aircraft. The station also had a golf club – although no golf course.

Today, Gagidu is busier. The market that once traded only on Saturdays now operates six days a week, small shops and roadside stalls line the area, and boat traffic connecting coastal communities buzzes.

Butaweng Falls is one of Finschhafen's most outstanding natural landmarks. A series of cascades flow through thick rainforest into clear, deep pools.

For me, Butaweng is where childhood memories remain strongest. In the 1970s, weekends often meant family picnics at the falls. We travelled from Gagidu along rough roads, carrying food wrapped in banana leaves. The smell of smoked fish, taro and greens accompanied us through the forest. The children always ran ahead.

A rope swing hung above one of the pools, and gathering the courage to jump became part of the adventure. I remember gripping the rope, looking down at the clear water and hesitating before finally letting go. The

PICTURE: MOROBE TOURISM BUREAU





The coastline at Finschhafen (opposite); Butaweng Falls (above left); the author at DCA Beach (above).

cold water took my breath away. When I surfaced, I felt brave.

Between 1972 and 1975, I made that jump many times.

Butaweng was more than a waterfall to the children of Gagidu. It was where friendships formed, courage grew and long afternoons disappeared beneath the rainforest canopy.

Downstream from Butaweng, where the waters of Butaweng River meet the Mape River, an old swing footbridge once connected communities on either side of the wide, deep river.

For students from Mape and Suqang villages, the bridge was part of the daily journey to school at Gagidu. For me, it was terrifying.

I remember stepping onto the narrow bridge and feeling it sway beneath my feet. The ropes shifted with my weight, tilting me towards the water. I looked down and screamed, "Mama!"

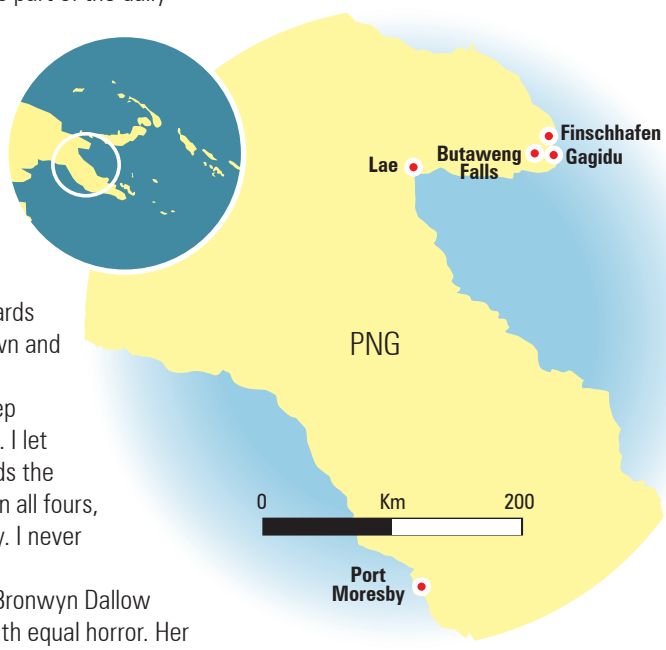
The river seemed deep enough to swallow me. I let go, swung back towards the centre and got down on all fours, crawling back to safety. I never crossed that bridge.

My childhood friend Bronwyn Dallow Seeto remembers it with equal horror. Her father, Barry, was headmaster at Gagidu Primary School, where my father worked.

As a small child, Bronwyn feared she would fall through the perforated steel sheeting and become "*puk puk* (crocodile) food".

Yet the bridge was more than a frightening childhood memory. It was a lifeline for isolated communities. During one flood, Bronwyn recalls, her father helped deliver a baby on the bridge when the mother went into labour while travelling to hospital.

Today, the old bridge is damaged and impassable. Modern road bridges now serve the region, but the old crossing is a reminder of a time when communities depended on footpaths and rivers to connect with one another.

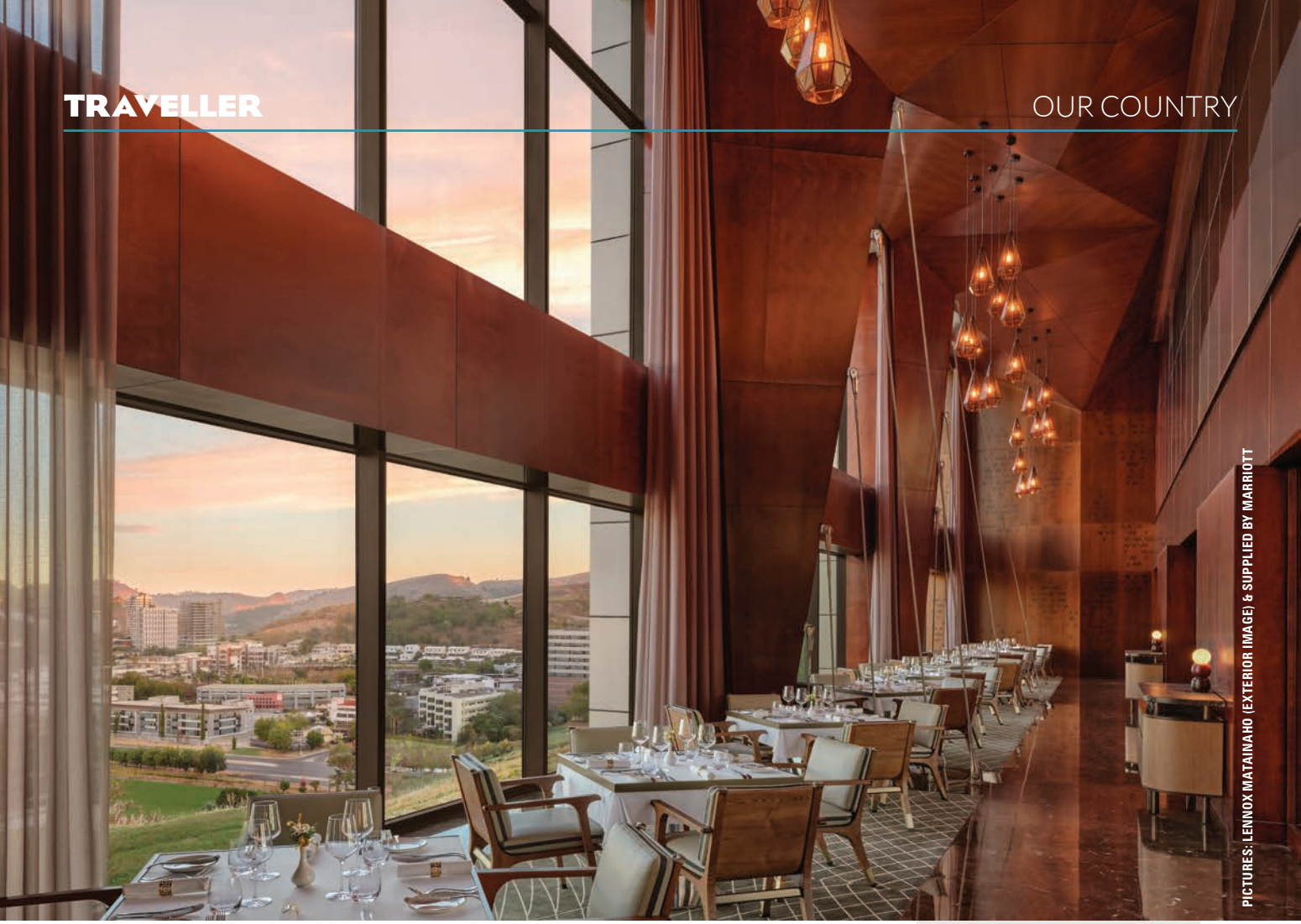


As the banana boat pulls away from DCA Beach and takes me back to Lae, Finschhafen slowly disappears. Some places disappear from the landscape. Others remain only in memory. But Finschhafen remains part of me. It is where my story began. ■

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

IF YOU GO

Finschhafen is usually reached by sea from Lae, where you can hire a banana boat or other craft. Because of its remoteness, carry drinking water, food, cash and suitable footwear. Accommodation in Gagidu includes Cossam Guest House (+675 7152 5501) and Oasis Gagidu (+675 7111 9880). Be sure to see Butaweng Falls and Simbang village.



PICTURES: LENNOX MATAINAHO (EXTERIOR IMAGE) & SUPPLIED BY MARRIOTT

FIRST SHERATON OPENS IN PNG

Port Moresby's booming hotel scene has been bolstered with the arrival of Sheraton. *Robert Upe* reports.









The Silver Leaf restaurant (opposite); the new lobby area with the &More cafe (far left); a deluxe king bedroom (left); hotelier Jason Nuell (below).

The luxurious Sheraton hotel brand has been launched in Papua New Guinea with the opening of the Sheraton Port Moresby Stanley Hotel & Suites.

The Waigani property, previously branded as The Stanley Hotel and Suites, has not only undergone a name change, but there have been renovations to guest rooms, restaurants and the lobby.

As well, there's a new Sheraton Club and the opening of the hotel's &More by Sheraton Cafe.

The Sheraton is part of Marriott International's portfolio of more than 30 hotel brands.

Jason Nuell, the regional Vice President of Marriott International in Australia, New Zealand and the Pacific, told *Paradise* that the hotel meets the needs of business and leisure travellers.

"With close to 400 rooms, suites and apartments, this hotel has been designed to support a wide range of travellers – from short-term business stays through to extended visits and family travel," he says.

"Its scale and capability, including the largest ballroom in the country, position it as a leading venue for conferences, business meetings and major events in PNG."

Nuell points out that the property, located on Sir John Guise Drive in Waigani, in the heart of the commercial and government district, is connected to Vision City shopping mall and is just minutes from Jacksons International Airport.

> "This hotel has been designed to support a wide range of travellers – from short-term business stays through to extended visits and family travel."

"It is placed at the centre of activity in this city," he says.

"We see strong opportunity in Port Moresby. Not only as a destination for international travellers, but as a critical hub for business, industry and community connection."

Nuell says the opening reflects the brand's long-term commitment to growing across the Pacific, and to investing in destinations that are evolving as important hubs for business, government and regional connectivity.

Among the most noticeable changes to the hotel, the expansive renovated lobby area has been given signature Sheraton touches such as the new &More by Sheraton Cafe, which is a blend of coffee shop, market stall and laidback bar. Sheraton says it's designed to cater for everything from a morning coffee to an evening cocktail.

In addition, the lobby has been reworked as a large open space that aims to promote social interaction. It's anchored by Sheraton's signature Community Table, a purpose-built workspace where guests can work, gather, eat and drink. There are also soundproof booths, offering quiet spaces with privacy.

"Locals and leisure travellers will enjoy the hotel's premium selection of restaurants and bars," Nuell says.

Those offerings include Silver Leaf, a fine-dining venue with sweeping city views; the buffet-style Greenhaus, open for breakfast, lunch and dinner; poolside dining; and the new &More.

The hotel's General Manager, Shin Ching, described the hotel's opening after it's "transformative renovation" as an important milestone for PNG's hospitality sector.

"We are thrilled to welcome guests to Sheraton Port Moresby Stanley Hotel & Suites, a place where travellers from around the world and locals can connect, relax and create memories."

Although Marriott International has taken over management of the hotel under its Sheraton brand, the property continues to be owned by Dynasty Development Limited, a subsidiary of the Rimbunan Hijau (RH) PNG Group, which also has interests in forestry and timber processing in PNG. The multinational company is headquartered in Malaysia. ➤

SHERATON PNG AT A GLANCE

- 284 guest rooms, 15 suites, 95 apartments.
- 2500 square metres of event and meeting space.
- Four restaurants from casual cafes to the fine-dining Silver Leaf.
- Zen day spa.
- Swimming pool and fitness centre.
- Sheraton Club Lounge.
- Suitable for short-term or long-term stays.
- Aligned with the Marriott portfolio of properties.



Cutting the ribbon to officially open the Sheraton are (from left) the hotel's General Manager Shin Ching, a Director of the RH Group Nathaniel Ho, the regional Vice President of hotel development for Marriott International Richard Crawford, NCD Governor Powes Parkop, the Managing Director of the RH Group Board James Lau, the regional Vice President of Marriott International Jason Nuell, the High Commissioner of Malaysia Hamizan Hashim and a Director of the RH Group Ivan Lu.

FROM SEPIK WETLANDS TO THE WORLD'S FINEST LEATHER

Sustainable crocodile farming in Papua New Guinea is creating livelihoods, protecting wildlife, and producing some of the world's most sought-after luxury materials.

Papua New Guinea's wetlands are home to two iconic species, the saltwater and freshwater crocodile, long embedded in the cultural identity of river communities.

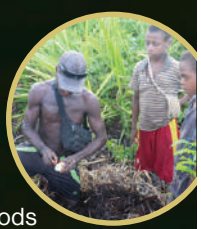


What was once a traditional resource has evolved into one of the country's most successful models of sustainable commerce.

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Today, Mainland Holdings operates under globally recognised conservation frameworks, working closely with CEPA and international bodies to ensure ethical, sustainable practices.

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- Rural communities supply eggs, live crocodiles, and skins
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This is conservation not as theory, but as a working economic system.



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Mainland Holdings Limited, Portion 479, 8 mile, Lae
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TIME OUT IN TOKYO

Make the most of Air Niugini's new flights linking Port Moresby to Tokyo with our planner on what to see and eat, and where to stay and play in the Japanese capital. *Belinda Jackson* reports.





PICTURE: JUAN BROULLON

Shopping in Shibuya (opposite); Ueno Park, home to the Tokyo National Museum, is also popular for seeing cherry blossoms in season (above).

With 33 million people in greater Tokyo, this is the world's third-largest city and criss-crossing it can consume precious sightseeing time. Try to group your experiences into one region each day, such as Shibuya and Shinjuku in the west for a neon hit, or Ginza and Tokyo City for the classic sights including the Imperial Palace in central Tokyo.

And in the north, earmark cherry-blossom-crazy Ueno Park, which is home to the Tokyo National Museum, and Yanaka for the *shitamachi*, Tokyo's old downtown, where izakaya pubs, galleries and traditional wooden architecture abound. Add in some sumo wrestling, enter an altered world, or maybe join a knife workshop … the only thing you'll lack in Tokyo is time.

BUDGET

DO Pop in to see the Emperor of Japan in the Imperial Palace, the hub upon which this megalopolis revolves. Open mornings (closed Monday and Friday), entrance to the palace and the official guided tour are free, or you can join a paid tour, such as the shogun walking tour, to learn about Japan's samurai traditions.

The crazy Shibuya pedestrian crossing is reportedly the busiest in the world, with up to 3000 people crossing in one light change. Get amongst it or watch for free from the glass walkway of Shibuya Mark City mall.

It's an easy 20-minute walk to Harajuku's Takeshita Street, for pop *kawaii* culture, viral street snacks and local streetwear brands that have been catapulted to global fame, such as Onitsuka Tiger sneakers.

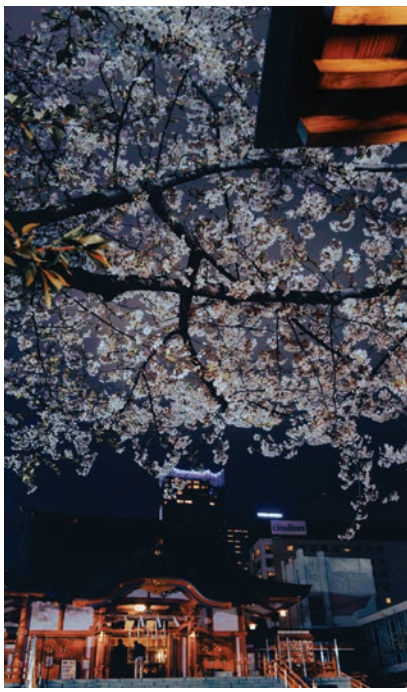
The future of art galleries can be seen at teamLab Borderless in the Azabudai Hills complex. It's a fully immersive museum known for digital artworks and its dreamscape experience. Book way in advance and opt for a weekday morning to give crowds the slip. See teamlab.art.

EAT & DRINK It's not only tourists grabbing a snack at the convenience stores (*konbinis*). Locals often grab a bite at the big three – 7-Eleven, Lawson and FamilyMart – which have ATMs and cheap hot and cold eats including *onigiri*, salads and Family Mart's 'famichicki' fried chicken, which has a cult following.

Ramen devotees argue the merits of the *tonkotsu* (pork bone) ramen in the big, beloved chains of Ichiran and Ippudo. ➤



PICTURE: MARTIJN BAUDOIN



Shibuya Crossing (above); traditional Japanese lanterns at Hanazono Shrine (right).



PICTURE: FUMIAKI HAYASHI

STAY An iconic Tokyo stay, Book Tea Bed in Shibuya offers clean and economical capsules, with hanging space and chargers within each of its 72 sleeping pods. Choose a single or double capsule on either the mixed or female-only floors, with shared bathrooms, linen, toiletries, lockers, Wi-Fi and luggage storage. The two-star hotel, with its book-lined walls, is 700 metres from Shibuya Station, from Y6000 (about PGK165) a night, see bookteabed-shibuya.com.

MID-RANGE

DO Mix shrines and shopping around the city as Tokyo's antique and flea markets set up in the grounds of various temples and shrines on weekends, including Hanazono-jinja Shrine in Shinjuku every Sunday, at Kasai Shrine on the banks of the Edo River on the first Saturday of the month and Takahata-fudoson Kongoji Temple in the west of Tokyo every third Saturday.

For a hit of Japanese culture and history, budget a minimum of two hours in the Tokyo National Museum, and allow extra time for its surrounds in Ueno Park, with its temples and shrines. Come cherry blossom (*sakura*) season in spring, the park is a magnet for picnickers and photographers.



PICTURE: PEMA G LAMA

The bright lights of Ginza (left); the terrace at the Canvas Hotel (below); yakitori sticks, a Japanese culinary delight (below middle); tranquility at the Palace Hotel (bottom).







PICTURES: ISTOCK & SUPPLIED BY HOTELS

Bibliophiles make for Jimbōchō, Tokyo's book district, located in the north of Chiyoda City. The lure is almost 200 bookstores, many dedicated to one genre, be it art or zines, with sweetly picturesque *kissaten* (cafes) wedged in between.

EAT & DRINK Mix a *kaiseki* lunch or dinner and a sumo show at the new Sumo Live Restaurant Hirakuza in Ginza, see hirakuza.net. Otherwise, for unstructured eating, the 700-metre-long Ginza Corridor Street packs in bars, restaurants and *izakayas*, which serve up a happy blend of small, snacky dishes of yakitori (grilled chicken skewers), fried chicken and beer.

STAY The four-star Royal Park Canvas Ginza Corridor is in the heart of Tokyo's luxury brand-shopping district. Surrounded by popular bars and restaurants, the 161-room hotel also has its own busy restaurant and bar and includes breakfast or a takeaway box if you're running to the airport. From PGK1080 a night, see royalparkhotels.co.jp/en/canvas/ginzacorridor.

BLOW THE BUDGET

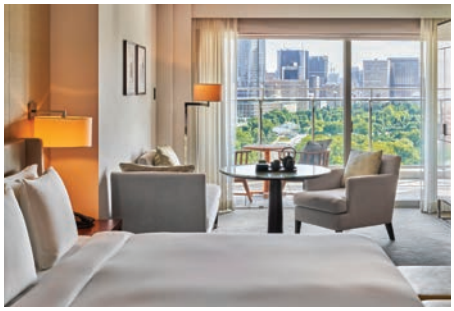
DO Ginza lines up Japan's top fashion in an easy-to-navigate grid. For a more concentrated version, dip into the rarified air of Japanese department stores (*depato*) such as Ginza Mitsukoshi and Matsuya Ginza – which famously houses in-store boutiques of the Big Three. Issey Miyake, Yohji Yamamoto and Comme des Garçons. Then head to the basements for the photo-worthy *depachika*, the top-tier food markets found in all major department stores.

Soak up Japan's quintessential hot springs experience at Yuen Bettei Daita, a classic *ryokan* (hot springs inn) just 13 minutes by train from Shibuya Station. The *ryokan*, which includes a restaurant and traditional tea lounge, pipes its naturally hot water from Hakone; opt for day use with a tea and spa package, or stay overnight and continue the soak in outdoor cypress tubs, uds-hotels.com.

EAT & DRINK Don't expect razzle-dazzle at the superb three-Michelin-star Kanda restaurant; Japan's top restaurant is all about the best produce, showcased simply. While international guest chefs drop through, there are always only eight seats at the counter of Hiroyuki Kanda's stellar restaurant. Aficionados rate its wine list as Japan's best, see nihonryori-kanda.com.

STAY The setting of the Palace Hotel Tokyo cannot be beaten – the iconic, three-Michelin-key hotel overlooks the Imperial Palace ➤

PICTURE: SUPPLIED BY HOTEL



A grand deluxe room at the Palace Hotel.

gardens. With 284 rooms and suites, its guests range from international power brokers to celebs and pro sumo wrestlers. The signature restaurant is by Alain Ducasse, the spa by Evian, and the essential drink is a martini in the moody Royal Bar. From PGK3800 a night, see palacehoteltokyo.com. ■

Air Niugini flies from Port Moresby to Tokyo twice weekly. See airniugini.com.pg.

HOW TO EXPLORE TOKYO

Getting around Taxi and Uber prices are steep in peak hour; instead, use Tokyo's excellent public transport. Tokyo is also very walkable, and your curiosity will be rewarded; pack comfortable walking shoes.

Trains & buses Tokyo's public transport networks are exceptional and provide good value. Buy a Suica or PASMO card on arrival at the airport, at train stations and convenience stores, or download the digital version and reload online. Otherwise, buy a 24-, 48- or 72-hour ticket, which can be used on all metro lines.

Money Tokyo is more cash-oriented than you might expect. Keep yen in the pocket for small purchases, especially in markets. Cash exchange machines are found in convenience stores.

Etiquette Don't eat or blow your nose on the street. There are very few public bins on the streets: be prepared to take your rubbish back to your hotel to dispose of. It's impolite to eat, take phone calls or talk loudly on trains or buses.

Airports Tokyo has two airports; Haneda International (HND) and Narita International (NRT). Air Niugini flies into Narita Airport, which is connected to central Tokyo by the Narita Express train, which takes 53 minutes to Tokyo Station, costs ¥3140 one way (about PGK90). See jreast.co.jp.

For more tips, visit the official guide gotokyo.org, and timelesstokyo.com




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BY ROBERT UPE

HOTEL REVIEW: KOKOPO BEACH BUNGALOW RESORT, PNG

Tel +675 7122 7688, Kurur Place, Kokopo, kbb.com.pg



PICTURES: KOKOPO BEACH BUNGALOW RESORT

WHO STAYS? A mix of business and leisure travellers, including families with young children.

HOW BIG? 51 rooms

COST Waterfront executive bungalow from PGK656 per night.

CHECK IN / OUT 1pm /10am

HIGHLIGHT Sometimes it's the simple things that are best, such as the resort's treetop deck (pictured), where you are surrounded by birdsong and views to the sea and volcanoes. The deck is perfect for an early morning coffee at one of the tables as the sun rises, or to have lunch or dinner.

WHAT ELSE? Annually, Kokopo hosts the National Mask Festival in July, and Rabaul stages the Frangipani Festival in September.

WHAT'S NEARBY You can walk to Kokopo's market, the war museum, banks, supermarkets, business offices and a golf course.

Wi-Fi in rooms:	✓
TV:	✓
Room service:	✓
Swimming pool:	✓
Airport transfers:	✓
Gym:	*
Business centre:	✗
Hotel arranges tours:	✓
Breakfast included in standard charge:	✓

*Gym under construction at the time *Paradise* went to press



LOCATION

Air Niugini flies daily from Port Moresby to Tokua Airport, which services Kokopo and Rabaul. The flight is a bit under two hours. Kokopo Beach Bungalow Resort provides transfers (for a fee) from the airport to the resort. The drive is about 30 minutes on a bumpy road that is being upgraded to four lanes. The resort is on the coastline of Blanche Bay centrally located in Kokopo, with views of the sea, islands and volcanoes. It's a further 40 minutes by road from Kokopo to Rabaul.

THE PLACE

Former Air Niugini CEO Simon Foo and his wife Evelyn are the owners of the resort, which opened about 25 years ago and is a reliable and proven provider of accommodation, food, tours and good service under the watch of resort manager Mukesh Kumar.

The architecture is Pacific style, with timber poles and accents, high thatched roofs, open-style lounges and dining areas, cane furniture and bungalow accommodation. Coastal comforts are present in the form of ceiling fans, air conditioning and bar fridges.

The resort's beach is fringed with palms, and the sand is raked and kept in pristine condition along with the lush gardens, which give the place a sanctuary-like feel.

The resort has several boats and vehicles, and an excellent range of water and land tours that include swimming with dolphins, island visits, snorkelling and volcano excursions.

ROOMS

There are several room styles, from apartments to waterfront bungalows. Depending on which you choose, there are polished timber floors, sofas, desks, louvred windows that open to sea breezes, and outdoor verandahs with deck chairs. The interiors are Melanesian style, some with thatched walls, artwork and artefacts such as old wooden paddles and other Pacific flourishes to add character.

FOOD AND DRINK

The Hauswin Restaurant (pictured) is an open-air affair with a wide-ranging menu that includes traditional PNG food, Asian, Indian and Western dishes. It is consistently good (try the ceviche, chilli crab and butter chicken) and is under the stewardship of Chef Ryan from the Philippines and Chef Rakhi from India, who have been with the resort for more than a decade each.

WHAT GUESTS LIKE

"The bungalows are spacious and beautifully decorated." – TripAdvisor

"Friendly staff, beautiful room, very good food." – Expedia

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BY JOHN BROOKSBANK

TIME TRAVELLER

Landing at Popondetta, 1967

Long before Air Niugini, Papuan Air Transport was connecting air passengers across Papua New Guinea. Also known as Patair, it was incorporated as a charter company in 1952 and was renamed Papuan Airlines when it transitioned into scheduled services in 1962. The photo shows one of the airline's DC3s after landing at Girua, near Popondetta, in 1967. Papuan Airlines was absorbed by Ansett Airlines in 1970.

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



PICTURE: POST COURIER











SHERATON
Port Moresby Stanley
Hotel & Suites

A new stay in the heart of Port Moresby

Welcome to Sheraton Port Moresby Stanley Hotel & Suites, a contemporary new hotel where comfort, connection and thoughtful service come together. Just five minutes from Jacksons International Airport, the hotel offers 394 rooms, suites and apartments, with views across the infinity pool, alongside the comfort of the Sheraton Signature Sleep Experience.

Whether you're travelling for business or leisure, make time to gather, unwind and connect. With more than 2,500 square metres of event space, including Papua New Guinea's largest ballroom, Sheraton Port Moresby is designed for everything from intimate meetings and conferences to milestone celebrations.

MARRIOTT BONVOY

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BLACK GOLD



PICTURE: HOLGER LEUE

Coffee production is the biggest agricultural employer in PNG, employing mostly smallholder farmers.

Coffee runs thicker than blood in a vein that connects PNG and Australia, writes *Belinda Jackson*.

It's early morning in Melbourne and the line outside the hip, inner-city cafe is patient, as commuters wait for their morning coffee. At an average of A$6 for a flat white, it's a pricey daily habit, but the demand – and the need – is strong.

Thousands of kilometres and a world away from Australian city streets, in the Highlands of Papua New Guinea, the lifeblood of this morning brew is being plucked from a coffee tree in a small village. The red coffee cherries are picked from small house plots in almost every province in the country and, incredibly, nearly half of PNG households are involved in this global industry.

Most of PNG's coffee comes from the Highlands provinces, but for every grower, no matter how small their garden, coffee is an invaluable cash crop – it pays for school fees, it delivers medicine, it puts food on the table.

It also creates connection, and for a group of PNG-Australian producers, roasters, and cafes based in Australia, coffee is a way of benefiting their families and communities back home.

In 2025, PNG produced 74,400 tonnes of coffee, exporting about half that amount of green coffee beans around the world, according to the Coffee



PNG coffee in the grinder at Femili (this picture);



PICTURES THIS PAGE & NEXT: CIC & FEMILI





Coffee bagged up for distribution (above); coffee farmers at work in the Aiyura Valley in the Eastern Highlands (above right); former PNG High Commissioner to Australia John Ma'o Kali and his wife Vavine Vere-Kali holding Femili PNG coffee.

Industry Corporation (CIC), which has its head office in the Eastern Highlands capital and coffee heartland, Goroka. The largest agricultural export after palm oil, coffee exports earned the country PGK1.31 billion last year.

PNG is by no means the world's biggest producer – heavy-hitters Brazil and Vietnam dominate global production yet PNG is the first country in the world to have a dedicated Minister for Coffee, a mark of how important this crop is to the country.

The post was established in 2020, and the current minister, William Bando, hails from Koroba-Lake Kopiago district in Hela. The Highlands province is next door to the powerhouse coffee-producing provinces of Eastern Highlands followed by the Western Highlands, Jiwaka and Chimbu provinces.

So, who's drinking PNG's coffee? The biggest buyer is also its closest, with neighbouring Australia taking 21 per cent of all exported PNG coffee, followed closely by Germany and then the US, according to the CIC.

While bulk operators snap up most of PNG's coffee, the niche, specialty coffee scene reveals a rich vein of trade between Australia and PNG, proving that coffee – like blood – runs thicker than water.

Born in the heart of PNG's coffee country, Vic Lynch's family is from Kundiawa, on the Highlands Highway between Mount Hagen and Goroka. As a kid growing up on coffee plantations, caffeine runs in his veins. He is now a coffee roaster and green coffee buyer based in northern NSW, with cafes Kwila and Revolve Gallery in Sydney, and community cafes Timbre and Bebey in Lismore, in the north of the state.

"It's always been a goal to highlight PNG's coffee," he says. "If you come up, you turn around and give back to those who've raised you up. So it's always been part of our business model how we can positively impact people at the farm level; not just giving handouts, but seeing what people need to improve their livelihoods."

Coffee production is the biggest agricultural employer in the country, employing more than 2.5 million Papua New Guineans, mostly smallholder farmers, ➤

many with just a few trees in small coffee gardens.

The challenges, Lynch says, include ageing tree stocks, ageing farmers as their children move away from the land, and the lack of basic infrastructure to get the beans to market. Much of this precious crop is simply sold at collection points on roadsides, or at buying stations that could be several days' walk from the coffee gardens.

Most of PNG's coffee is blended with coffee from other countries into grinds but, increasingly, coffee drinkers are seeking single-country, single-estate coffee, says Lynch. They want it traceable back to the exact district, with an undertaking that the grower has been properly compensated.

"Specialty coffee, as it's known, is still only about 10 per cent of the global coffee trade, but we're trying to highlight the grower's hard work, their connection to the land, their production of food.

"The story of those people and their place is the gist and backbone of specialty coffee. It's the same notion that we look at with wine and terroir – we're highlighting and telling the story of the people who cultivate the plant, where they live, who they are.

"I think it's been a big, long stretch of time to get that visibility for Papua New Guineans in the coffee industry. It's always fronted by multinationals and expat coffee roasters, and the whole industry has been set up through colonialisation, where labour is the cheapest factor. And PNG coffee has always been seen as a cheap coffee, without the same quality as Ethiopian or Colombian, so it's been shoehorned into blends and been lost.

"The question is: how do we respect people's labour, and make coffee fair for farmers?"

Despite being planted in PNG for over a century, initially by German missionaries and entrepreneurs including the Samoan-American princess Emma Coe Forsayth, dubbed Queen Emma, it's still a relatively young industry in what's not been a traditional, coffee-drinking society.

"The last time I went up to PNG, I took a couple of plungers to brew coffee – but there are few espresso machines and the coffee we like to drink in Australia is still a luxury in PNG," says Malcolm Pyalanda, who owns Enga Coffee, a small roaster based in Ballarat, an hour north of Melbourne.

Enga Coffee was established by Malcolm's father, Takura, who was born in the Kompiam district of Enga Province. Supported through his studies by his uncles, Takura became one of the region's first doctors. He married an Australian doctor working in the Highlands and, when Malcolm was five, the family moved to Australia.

"Everything there is subsistence living. You grow what you eat, money is made by selling your excess. And that's what my dad's uncles did: coffee put dad through university," he says.

"Dad started roasting and selling coffee here in Australia as a way to help the people back home," says Malcolm, who inherited the business with his sister after their father passed away. Enga Coffee continues to source green beans from their connections in Wapenamanda district in Enga Province.

"We've got a lot of strong ties to the community back in PNG, helping with micro-financing, paying school fees or helping people to get jobs," he says.

"I inherited a coffee roaster, but I think I also inherited dad's sense of duty toward the people in and around the Wapenamanda region." ➤



PICTURE: SUPPLIED BY DE LACEY COFFEE ROASTERS

Going to the source … Tasmanian coffee roaster Darren de Lacey with 70kg coffee bags in PNG.



PICTURE: SUPPLIED BY KWILA COFFEE



Kwila Coffee's Vic Lynch grew up on a coffee plantation in PNG but is now based in Australia. "It's always been a goal to highlight PNG's coffee," he says.

In Tasmania, de Lacey Coffee Roasters is a family-owned business of over 30 years. Darren de Lacey was lured to PNG, where he travelled through coffee nurseries, plantations and processing factories, training and advising on coffee development.

The experience left a profound and indelible mark on him, he says.

"It is very grounding when you witness a bag of coffee cherry being pulped by hand with a large stone in a small stream, then a 100-kilogram bag of parchment tethered to a spar, being hauled out of a remote village on the shoulders of two of the strongest men I have ever seen."

Darren's wife, Sonya, was born in the coffee heartland of the Eastern Highlands. When they met in 1990, she introduced him to Goroka coffee, and from there his love for PNG, its people and their coffee developed. In Hobart, their children grew up surrounded by beans, espresso machines and latte art; their son Nick is now head roaster, while daughter Ellie manages the office and sales of coffee and *bilums* sourced from PNG.

> "Coffee is an invaluable cash crop – it pays for school fees, it delivers medicine, it puts food on the table."

The de Lacey family roasts big-flavour premium beans sourced directly from the Bunum Wo and Sigri plantations located near Banz in the Jiwaka Province, and buy certified PNG organic green bean through Bennetts, an Australian importer.

"We buy coffee from PNG not only because of our affection and connection to the country, but because we love the cocoa, toffee and caramel flavour characteristics of the beans," says Darren.

"The biggest challenge to sourcing coffee from PNG is the freight and logistics with limited services and high-cost implications, but it's worth it."

It's a labour-intensive crop – nearly all of PNG's coffee is handpicked, from the small coffee gardens or on steep mountainous regions where machinery simply can't operate.

It's a landscape that Dr Charles Yala knows well. Having grown up on a coffee farm in the Highlands, in 2011 he teamed up with two fellow academics in Canberra to create Niugini Arabica coffee roastery and two shopfront cafes.

"Niugini Arabica was established … to bring to the Australian people coffee beans that ➤

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South Pacific International Container Terminal
Lae, Morobe Province

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An ICTSI Group Company

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are produced in our neighbourhood and that are grown in the most pristine conditions on the planet," says the company.

Niugini Arabica also roasts coffee for the Femili PNG coffee brand, whose coffee is grown by female farmers including the Ukuni Women's Association's cooperative in the Mul-Baiyer district of Western Highlands. In return, the profits from Femili's coffee sales in Australia fund infrastructure to help support women in PNG experiencing family violence.

Spending a childhood in a region with no roads, no phones, no electricity and only basic education and health facilities, the Canberra roaster's vision is to support the village farming communities.

From his Sydney home, Pana Wiya recalls a similar childhood in the Highlands.

"I helped my parents do the coffee, which gave us income to pay school fees, buy rice and fish," he recalls.

"Picking coffee, looking after the trees, washing it, drying it – it's not easy, and yet these are the people getting the smallest amount of money," says the former defence forces engineer, who also grew up in the Baiyer River region. Marrying an Australian woman who grew up in PNG with her missionary parents, he migrated to Australia in 1980, and established Village Growers Coffee in 1992.



Red ripe coffee cherries on a farm in the Eastern Highlands.

"We lived near the road, but many in the remote areas have to carry huge bags of coffee from the mountains to a point where they can wait for a buyer's truck to pass or for market day," says Wiya.

"The system doesn't take care of the small growers, and it doesn't encourage the young generation to grow coffee, either. Growing coffee is just too hard. To encourage them, we need to pay a fair wage.

"I see the need to change what's happening in coffee growers, so I started Village Growers Coffee to do that."

These are not the only stories of collaborations from expat Papua New Guineans in Australia – happily, there are plenty more.

They illustrate the links between the two countries, how one person's morning brew brings opportunity to another, and the connection from PNG to the rest of the world, in a simple cup.



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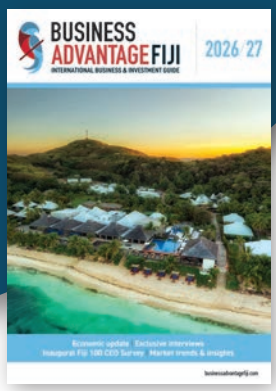
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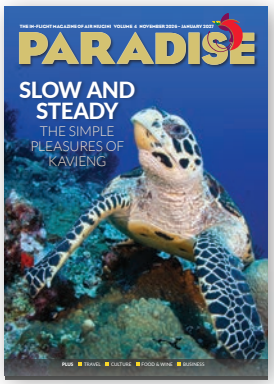
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PICTURES: NICOLE TOWNSEND & ICARE4U

A HOUSE OF HOPE

Schubert Maketu reports on the work of a faith-based organisation that helps women rebuild their lives after suffering hardship.

Just 15 kilometres east of Port Moresby, off the Magi Highway, stands a striking charcoal building crowned with solar panels. At first glance, it could pass for a boutique retreat. But behind its contemporary facade lies one of Papua New Guinea's least-told stories of hope.

Upstairs, the wide veranda catches the afternoon breeze, drawing people into easy conversation. From here, there are sweeping views across the one-hectare property. French doors on the ground floor open onto a lush green yard, while the kitchen and classroom buzz with activity. Tropical gardens soften the building's clean lines.

This is *Veulamagi Numana* ('House of Love' in the Hula language) – the heart of iCare4U's Gereka campus, where community workshops, training courses, church services, counselling sessions and family support come to life.

Founded in 2016, the faith-based organisation is driven by one conviction: every life matters.

For co-founders George Nita and wife, Crystal, home has never simply been a place. It has always been something you help create for others.

George's journey began in his home province of Enga. In 1998, aged 21, he travelled to Texas in the US for missionary training with Youth With A Mission (YWAM) and remained in the US for 12 years. There he met and married his first wife, served in ministry and built a life. When she passed away after battling cancer, he knew it was time to go home. His mother, hearing his plans, asked why he would ever leave 'heaven' for PNG. His answer was characteristically pragmatic: "Mama, if PNG is not a great place to live, then I need to return and help make it so."

Crystal arrived in PNG from Australia with her missionary parents in 1990, aged seven. She spent her childhood in East Sepik, where her parents served, before completing her schooling in Ukarumpa, just outside Goroka. Living in PNG taught her that community meant something tangible. "Families always help each other out during hard times," she recalls. Years later, her own missionary work took her to Thailand, where she worked alongside women affected by HIV, helping them rebuild their lives.

When George and Crystal married in 2012, they realised that their separate paths had been pointing them in the same direction. Four years later, that shared calling became iCare4U.

In its earliest days, the organisation focused primarily on women living with HIV – many of whom had experienced rejection, isolation

and stigma. Referred through the health system, these women arrived carrying far more than physical needs. They carried deep emotional wounds.

Today, more than 30 vulnerable women have called iCare4U home – staying on site for extended periods, receiving practical assistance, emotional care and learning skills to rebuild their lives.

> “Families always help each other out during hard times.”

One of those women is Lucy (not her real name).

When she first arrived, she had been rejected by her family, was physically frail, emotionally exhausted and struggling to imagine a future worth living. Six months later, she left as a different woman. Not just healthier, but with renewed hope and purpose. Having recently completed a business training course at *Veulamagi Numana*, Lucy is preparing to return to her home province and start a small business, her first steps toward living a life built entirely on her own terms.

Every fortnight, the Women’s Hope Group gathers at *Veulamagi Numana*. Vulnerable women from Port Moresby’s settlements come for a day of care and encouragement, and have access to clean water, hot meals, food supplies and hygiene packs.

But perhaps nowhere is iCare4U’s mission more visible than in the lives of children.

Every year in PNG, some healthy babies begin life without a family waiting to take them home – some born to HIV-affected mothers unable to care for them, others abandoned shortly after birth. For George and Crystal, these children are never statistics. They are sons and daughters waiting to come home.

Rather than simply encouraging others to adopt, they have chosen to live that message. Their first adopted son was born to an HIV-affected mother. Later came an adopted daughter. Both tested HIV-negative. Today, alongside their biological daughter, the two children are growing up in a stable and loving home.

Their story became an invitation to others.

Working alongside Child and Family Services, iCare4U has now helped facilitate 17 adoptions across PNG. One couple, after years of believing they might never become parents, also opened their hearts to not one, but two abandoned babies.

The numbers offer only a partial measure: 30 women in long-term residence, 50 more reached through the Women’s Hope Group, and 17 adoptions facilitated so far. The numbers cannot capture the confidence of a woman who smiles again after believing she had been forgotten, or the joy of parents hearing a child call them ‘Mum’ or ‘Dad’ for the very first time. Nor can they measure the value of breaking down stigma around topics like HIV.

Beyond refuge, *Veulamagi Numana* has become a place of genuine transformation. Earlier this year, 15 women completed a two-week financial literacy program there, receiving certificates that marked not just new skills, but renewed confidence. YWAM’s Discipleship Training School is also run here, equipping young people to serve communities across PNG and beyond.

Asked why they chose to do any of this, George and Crystal smile, citing the words of missionary C.T. Studd: “Some want to live within the sound of a chapel bell; I want to run a rescue shop within a yard of hell.”

As the afternoon sun settles across Gereka, children laugh in the yard while George’s three affectionate great danes weave between them. A class finishes downstairs. Someone is preparing a meal in the kitchen. Others gather beneath the shade of a cluster of paperbark trees that stand in front of *Veulamagi Numana*.

It feels wonderfully ordinary.

And perhaps that is the greatest triumph of all.

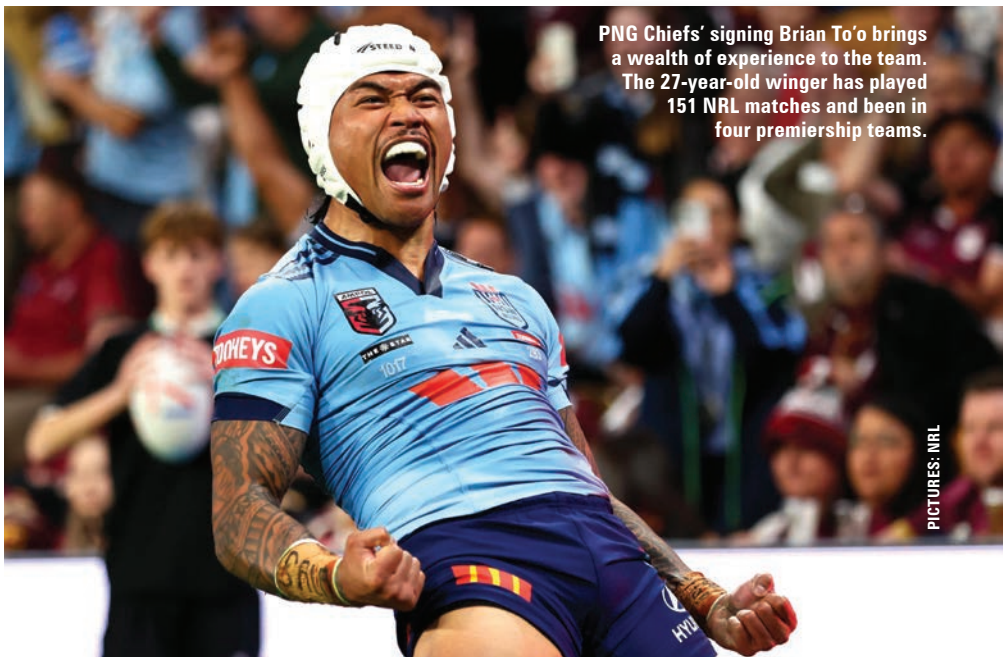
For the people who come here, life is no longer ruled by crisis. It is defined by stability and hope. ■



George and Crystal Nita, the co-founders of iCare4U (opposite); the exterior of *Veulamagi Numana* (top); daily life at *Veulamagi Numana* (above).

THE LUAI EFFECT

Jarome Luai was the first player signed by the PNG Chiefs, and now looks like being instrumental in attracting other key signings. *Michael Philip* reports.



PNG Chiefs' signing Brian To'o brings a wealth of experience to the team. The 27-year-old winger has played 151 NRL matches and been in four premiership teams.

PICTURES: NRL

THE PNG Chiefs' signing of Brian To'o as the team's sixth player in August 2026 has added fuel to speculation that Jarome Luai could play a major role in bringing more of his former Penrith teammates to Papua New Guinea.

To'o's signing is part of the Chiefs' aggressive recruitment drive ahead of the team's entry into the Australian National Rugby League (NRL) in 2028.

But while the signing of the Samoan international is important, it's the bigger picture behind the recruitment that has attracted attention.

Luai was the Chiefs' first major signing and has been given an important role in helping build the club's playing group.

Now, with To'o coming on board, the connection between the Chiefs and the successful Penrith era is becoming stronger.

Luai and To'o spent several successful seasons together at Penrith and were part of the Panthers team that won four premierships in NRL.

Could Nathan Cleary be next? The possibility of the star Penrith halfback moving to PNG in 2028 remains one of the biggest stories surrounding the new franchise.

Cleary is contracted to Penrith until the end of the 2027 season, meaning his future beyond that remains an important issue for the Panthers and the Chiefs.

The attraction of a reunion with Luai is obvious. The pair formed one of the most successful halves combinations in recent NRL history.

Cleary has also not publicly committed to leaving the Panthers. For that reason, talk of a move to PNG remained as speculation at the time *Paradise* went to press.

The Chiefs' recruitment strategy appears to be moving beyond simply signing available players. The club is building relationships, experience and a strong playing culture.

Luai is central to that plan. His experience at Penrith, his understanding of the NRL and his relationships with current and former teammates make him an important figure in the Chiefs' recruitment program.

To'o's signing shows how those relationships could become valuable. The 27-year-old winger has played 151 NRL matches, scored 99 tries, been in four winning premiership teams and represented NSW 17 times. He has also played 11 Tests for Samoa.



Jarome Luai is playing an important role in the Chiefs recruitment program.

His experience will give the Chiefs another proven player who understands what it takes to win at the highest level.

The Chiefs' first six signings have already created a strong foundation for the club.

Luai was the first to sign, followed by Alex Johnston, Connor Watson, Matty Lees, Zac Lomax and To'o.

Rather than simply chasing young players, the Chiefs have targeted experienced professionals who can help establish the club's culture from the beginning.

That approach could become important when the club begins its first NRL season. The challenge will be to bring these experienced players together with the best emerging PNG talent.

The club is expected to create a pathway for PNG players to compete at the highest level without having to leave the country at a young age.

That makes the recruitment of experienced players such as To'o and the possibility of attracting further NRL stars particularly important. ■

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SOUL FOOD

CLAY-POT COOKING WITH FIRE



David Soroda travels to Bilbil village, where it's whispered that the food tastes unlike any other.



I arrive at Bilbil village in Madang Province with a sense of anticipation that only a traveller chasing stories can know. The talk of traditional earthen-pot cooking reached me long before my journey – whispers of food with a taste unlike any other, of clay pots that carry the soul of the land into every meal. Today, I will finally witness it for myself.

An elderly woman greets me warmly at the edge of the village. Her smile is seasoned with years of wisdom, and her hands carry the marks of clay and fire. She motions for me to sit beside her, and as we settle on the woven mat she begins to retell the story of Bilbil's clay pots – how they are shaped from the earth, fired in open flames, and revered as vessels of both sustenance and identity.

The Bilbil people are renowned across Madang for their pottery. Women collect clay from riverbanks, mixing it with sand to strengthen the texture. Stones are used to hollow the pot, while flat boards smooth the surface. Before firing, the pots are painted with red clay, and when they emerge from the fire they gleam in shades of black and crimson. Each pot carries its own character, and the older it becomes, the better it cooks. "A worn earthen pot," the old woman explains, "is like an elder – it knows how to bring out the best in food."

As she speaks, younger women move around us with practised rhythm. They peel taro, bananas, tapioca, and prepare tulip leaves, beans and pork. Their laughter mingles with the earthy scent of freshly scraped coconut. Three dried coconuts are grated, their milk extracted with care. The first cream is set aside in a bowl, reserved for the final flourish, while the thinner milk is for the pot.

On the table lies a blackened clay pot, washed and ready. Its surface has the scars of countless meals. At the instruction of the elderly woman, two large *Pau* tree leaves are placed inside, forming a natural lining. The pot is then set upon the open fire, flames licking its sides as coconut milk is poured in to heat. One by one, the prepared foods are added – roots, greens and pork mingling in a chorus of colour and texture. The lid is covered with two more *Pau* leaves, sealing the pot like a sacred offering.

The fire crackles, and soon the pot begins to boil. Broth spills over the edges, releasing an aroma that is earthy and divine. At this moment, the first cream of coconut milk is poured in, enriching the broth with velvety depth. The fire is reduced, and the pot is left





A clay-pot feast underway with ingredients including coconut milk, taro, banana, beans and pork (opposite and this page); the author with the finished dish (below left).



PICTURES: DAVID SORODA

to simmer, its contents transforming slowly into a feast.

After 30 minutes, the pot is removed from the fire and placed on the hearth. The *Pau* leaves are lifted, releasing a fragrant steam that carries the promise of nourishment. The food is allowed to cool, because patience is part of the ritual.

When it is time to serve, my plate is not a plate at all but a traditional carved wooden dish, smooth and elegant in its simplicity.

The first bite is a revelation. The taro has softened, soaking up the coconut cream, salt and spices. Banana and tapioca carry a sweetness that balances the savoury broth. Tulip leaves and beans add freshness, while onion and tomato infuse the dish with subtle sharpness. The pork is the crown jewel – tender, juicy and saturated with the flavours of everything around it. Each bite is layered, complex and deeply satisfying.

Eating slowly, I savour every ingredient until my dish is clean. It is not just a meal – it is an experience, a communion with land and tradition.

The old woman leans toward me and says softly: "This is how we know who we are." Her words carry weight. In Bilbil, cooking in clay is more than sustenance – it is identity, pride and prestige. To eat from the clay pot is to connect with the earth, with ancestors, with the rhythm of life itself. It is a spiritual act, akin to sacrament, binding the eater to the land and its people.

For me, the experience is more than culinary. It is a journey into heritage; a glimpse of how food can embody culture and spirituality. The Bilbil clay pot is not just a vessel; it is a storyteller, carrying centuries of wisdom in its worn surface. ■

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



IF YOU GO

Trans Gawai (transgawaitours@gmail.pg) is a Bilbil village tour company that arranges tours to see traditional clay-pot cooking at the village. The village does not have accommodation, but visitors can stay at reputable hotels in Madang such as Madang Resort Hotel, Madang Lodge and Madang Star International. Clay pots are rarely available in public markets, but they can be reserved and purchased directly during these visits.

BY HAL DENTE

BACCHUS RESTAURANT, PORT MORESBY REVIEW

Not many restaurants do it as well as Bacchus anymore. White linen tablecloths, polished silver cutlery, a piano player, well-presented wait staff and traditional dishes elevate it to one of Papua New Guinea's finest dining experiences.

Bacchus is among a dwindling number of restaurants that continue to deliver fine dining with timeless classics like French onion soup, steak Diane, and crepe Suzette flambéed with a dramatic whoosh of flame next to your table.

The trend these days is toward casual dining in loud and crowded spaces, shared plates and ordering by QR code. All good fun but, refreshingly, none of that here.

There are whispers of a menu revamp coming up for Bacchus soon, as well as a refurbishment in 2027, but let's hope the restaurant in the grounds of Airways Hotel sticks with its roots.

Bacchus offers an international menu, which can raise a red flag. Too often, international menus are so overloaded with dishes from around the globe that none of them are done well.

But the executive chef at Bacchus, Kamal Das, has shown restraint with a well-balanced offering. There's not too much to choose from, not too little either; in fact it's Goldilocks perfect in choice and execution.



Our fine-dining experience starts with three dishes that take us to three countries.

There's the aforementioned French onion soup – expertly prepared with just the right amount of caramelised onion – crisp risotto balls filled with mozzarella (a nod to Italy, of course) and tempura prawns (a nod to Japan, one of Air Niugini's newest destinations).

The mains are just as eclectic. Pan-seared barramundi à la Méditerranée comes with olives, capers and lemon zest; the chicken Kiev is stuffed with garlic butter and mature cheddar; while the surf and turf (the most expensive item on the menu at PGK235) has lobster meat paired with 250 grams of tenderloin.

One thing that PNG restaurants seem to do particularly well is steak, and this occasion is no exception, with the meat tender and cooked medium, exactly as requested.

Charcoal-cooked wagyu steaks are available, with the range of sauces including blue cheese, peppercorn, mushroom and chimichurri.



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OUR FAVOURITE DISH
Surf and turf

IN A WORD
Haute



One or two sides (PGK25 each) are recommended, among them cauliflower au gratin, honey-roasted carrots and truffle mashed potato.

Dessert is the crepe Suzette. The thin pancake is topped with a warm sauce of butter, sugar, orange juice and zest, and a liqueur that is set on fire at the table. The delicious combination is well priced at PGK69, considering you also get the dramatic fire show.

For two people, eating three courses each, and a moderately priced bottle of wine, such as a Brown Brothers shiraz at PGK235, expect to pay about PGK500+.

A pre-dinner drink, or a nightcap with a Cuban cigar in the adjacent Havanaba, will add to the total.

On the night of our visit the restaurant is quiet, but even when busy it's likely to be a murmur rather than a shout because the tables are pleasantly well spaced.

We are the last to leave and the piano player doesn't stop until we've stepped out the door. It's a nice note to end the evening on. ■

PICTURES: SUPPLIED BY AIRWAYS & ROBERT UPE

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BY PAUL CHAI

WINE GURU

Q: What is behind the boom in no- and low-alcohol wine?

A: In the past, the idea of non-alcoholic wine was usually greeted with derision and comments like: "isn't that just grape juice"? But the truth is that non-alcoholic wine starts life as normal wine and then has the alcohol removed from it.

De-alcoholisation of wine has come a long way but a key issue for wine lovers is that it simply does not taste the same. People who like wine don't necessarily drink to get drunk, but the alcoholic content of a wine is key to its complex flavour. It creates a warming sensation for the palate and helps balance elements like acidity and tannins.

But, due to several factors – people drinking less for health reasons or counting calories – winemakers are taking this new sector of the wine market very seriously and investing a lot of money in it.

In Australian recently, for example, Treasury Wine Estates announced a PGK47 million-dollar state-of-the-art facility in South Australia to produce alcohol-free wines.



No- and low-alcohol wines (NOLO) have followed a similar trajectory to light and alcohol-free beers, initially shunned (mainly for their lack of flavour) but eventually being embraced as the technology has improved.

It is also a generational shift in attitudes to alcohol, with 18–44-year-olds twice as likely to consume NOLO products versus those over 45, according to research by drink industry body DrinkWise.

For those looking for a compromise between health and wine consumption, low-alcohol wine can be a decent balance to strike. Instead of alcohol volumes of around 13 to 14 per cent alcohol by volume (ABV), low-alcohol wines sit at around 5 to 10 per cent ABV. These wines suit warmer climates, too, and are often white styles like rieslings and sweeter moscatos, as well as light reds like gamay.

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



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ENJOY RESPONSIBLY

BY BRONWEN GORA

WELLNESS

A healthy liver is one of the most vital factors for general well-being. As the body's primary metabolic hub and filter it performs hundreds of tasks including processing fats and regulating blood sugar. If the organ is under strain, the result can be fatigue, loss of appetite and feeling generally unwell.

While alcohol and obesity are the two most talked-about causes of a sluggish liver, British expert Dr Gareth Morris-Stiff says several other modern lifestyle factors are increasingly triggering the same problem.

These factors include ultra-processed foods (UPFs), 'diet' soft drinks and sugar.

Dr Morris-Stiff advises that for a healthy liver people should stick to eating fruit and vegetables (pictured), unprocessed meats and home-cooked plant-based meats instead of UPFs.



He says UPFs are manufactured foods generally containing five or more additives. They contain ingredients not found in nature, like artificial preservatives, processed vegetable oils, emulsifiers and anti-caking agents. When the liver is confronted with UPFs, this promotes fat storage.

Dr Morris-Stiff says even so-called 'diet' soft drinks contain sweeteners that can cause inflammation and fat deposition. He advises drinking them sparingly or avoiding altogether. Water is best.

Most people consume far too much sugar, according to the doctor, in everything from specialty flavoured coffees and fruit juices to breakfast cereals and packaged meals. Eat whole fruits and foods instead, he says. ■






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BY BRONWEN GORA

NOISE BEATERS

Demand for noise-cancelling headphones and earbuds is skyrocketing, almost 200 models emerging since Bose made the first active noise cancellation (ANC) product for consumers in 2000. Here are five of the latest.



Apple AirPods Pro 3

Best for: Those who like having the latest and greatest technology.

Pros: Lots. Great for listening to music. Comfortable, plus easy to fit and make secure. Supports spatial audio formats like Dolby for that wider surround-sound effect. Improved noise cancellation over previous models, especially for low-frequency rumblings like those from planes. Better battery life than the Pro 2: eight hours per charge and 10 hours if using only hear-through mode with the hearing-aid function.

Cons: Can loosen over time during more vigorous activities like jogging. Squeeze-and-swipe controls may be difficult for some. Live-translation feature runs only in conjunction with Apple iPhone15 or later. About PGK1335; apple.com

Bose QuietComfort Ultra Headphones (2nd Gen)

Best for: Discerning types who seek out the highest quality products from proven performers.

Pros: Current top-of-the-line model from global leader Bose. Superior comfort, noise-cancelling and spatial audio. USB-C audio and cinema mode are new to this model. Hard to find a better bass. Easy to pack.

Cons: Compatible with the Bose app, which, while praised for design and ease of use, has limited functionality. Priced in the upper range of ANC headphones. Battery non-serviceable. Supports SBC and AAC Bluetooth codecs only. About PGK1740; bose.com





Skullcandy Crusher ANC 2 Wireless Headphones

Best for: Listening to your music and movies in the highest studio-quality sound available.

Pros: Gives concert vibes via premium sound; thumping bass. Super comfortable to wear and roomy. Solid battery life of 50 hours. Rapid charge feature produces four hours playtime in just 10 minutes.

Cons: Bulkier and heavier than many of its competitors, this model will take up more luggage space. Charge indicator light is so small it can be hard to see. Drowns out noise so well that the volume must be way down if users need to hear, for instance for airport announcements. PGK1100; skullcandy.com



Sony WH-1000XM6

Best for: Blocking the most noise possible. A premium all-round performer, these headphones are widely regarded as the best on the market.

Pros: Superior sound, lightweight, 30 hours of battery life. Blocks both sustained low sounds emitted from the likes of planes and traffic, and higher-pitched noises like screeching brakes. 'Quick-attention' and 'hear-through' modes make hearing easy if you need to talk or hear sounds around you.

Cons: Among the most expensive models. Sony Sound App can be tricky for the technically challenged. About PGK1700; sony.com



Soundcore Space One

Best for: Premium sound at a budget price; not disturbing others with sound leakage.

Pros: Best construction quality for a far lower price than most ANC products. Ability to detect and cancel sound leakage makes these ideal for watching movies or listening to music without disturbing anyone seated next to or around you. Easy to use and comfortable. Decent 40-hour battery life.

Cons: Average sound quality with the ANC function on. Average for blocking deep, low-frequency sounds like those from planes and trains. About PGK530; soundcore.com

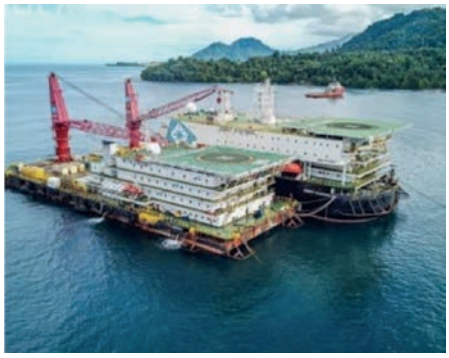
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BY BRONWEN GORA

Playtime

This portable Backbone One Lightning turns your phone into a high-performance gaming console so you can play virtually any game at any time, anywhere. The second-generation model has been made to fit phones better with two sets of magnetic adapters plus a reshaped D-pad to enhance responsiveness. Organise your content library and game streaming services with the Backbone app. 498PGK; backbone.com





Buzz off

If mosquitoes find you attractive, the Thermacell Mini Halo Mosquito Repeller is the sort of product you want to have on hand. Lightweight (about 200 grams) and portable, it uses Thermacell's unique fuel-powered technology to emit safe, scentless protection against mosquitoes and midges within a 20m² area (2.2-metre radius), making it ideal for outdoor activities like camping, gardening, picnicking or lying on the beach. The device is heat-activated (so no open flame) and looks good, too, with colours including a sleek graphite. PGK217; thermacellrepellents.com.au



Aiming high

Having to pack a large, unwieldy drone for aerial footage is a thing of the past thanks to the advent of flying cameras. The HoverAir X1 ProMax, one of the top-of-the-line models, shoots in 8K resolution, features a top-notch sensor for enhanced light sensitivity and clarity, and 14 'stops of dynamic range' to optimise the balance of highlights and shadows. It only weighs 192 grams and literally fits in your pocket. PGK2614; hoverair.com



Smart wallet

Thinking you've lost your passport or credit cards would have to be one of travel's greatest nightmares. The trackable LOC8 Passport Finder Wallet (Gen 2) is designed to avoid such a scenario and more. Designed to hold your passport, credit cards and a pen, it uses Apple's 'Find My' capability so you can search by sound or map. The battery lasts up to six months, plus the wallet is fitted with RFID technology to prevent thieves skimming credit card numbers with radio waves. 371PGK; journeyofficial.com.au

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Easy packing

Lightweight and waterproof, the Luka Duffel is a great on-the-go weekender, gym bag or carry-on. With a roomy interior, nine pockets, an adjustable shoulder strap and padded handles for comfort and ease, it's the ideal size for slipping under the airline seat in front of you. The fabric is also scratch-resistant and the duffel will even fit an extra pair of shoes. 866PGK; calpaktravel.com

Cool down

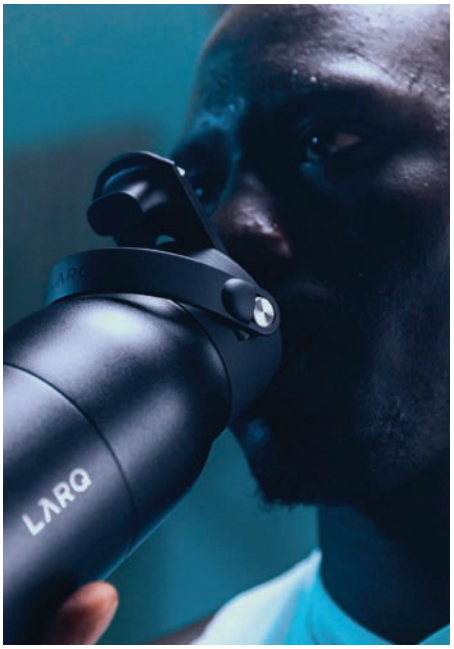
Portable fans are usually simple affairs, but not the SharkFlex Breeze HydroGo. Able to be used either corded and cordless, this is one of the most advanced available, able to send a cooling evaporative mist from a built-in misting tank with such power it can reach a radius of 20 metres. Choose the speed and dial up the flow of cooling mist to suit. It can be used both indoors and out and it has a battery life of up to 12 hours. Weighing just 1.7kg, it is fitted with a handy carry handle and comes in a range of pretty colours. 464PGK; sharkninja.com.au





Good read

Hauling books on holidays hasn't been necessary since e-readers arrived on the scene. And if you love reading on the beach or by the hotel pool, the Rakuten Kobo Clara e-reader is ideal. Equipped with a waterproof 15cm glare-free screen, it can survive splashes by the sea or slips by the pool. Up to 12,000 novels can be stored thanks to 16GB storage, and read in full colour as well. 897PGK; kobo.com



Pure water

Repeatedly buying bottled water can be a hassle, not to mention costly and bad for the environment, so it is hardly surprising that self-cleaning water bottles are becoming popular. The LARQ Bottle PureVis 2 is an all-in-one self-cleaning and water filtering bottle offering two stages of purification via UV-C LED and a filtered straw. Thanks to smart sensors in the bottle, each sip you take is tracked so the LARQ companion app can reveal such insights as your hydration levels and money saved on buying bottled water. PGK505; livelarq.com



BY PAIGE TURNER

MEMOIR / AVIATION

Riding the Jet Stream

By Alan Joyce (Hardie Grant Books)

Available as an audiobook

Alan Joyce, the son of a cleaner and a factory worker, rose to become the chief executive officer of Qantas for 15 years, earning an estimated A$125 million during his time with the Australian airline.

Joyce was tested during his tenure with the global financial crisis, bitter industrial disputes and the near-collapse of the aviation industry during COVID-19. In this memoir, he takes us into the boardroom dramas, and he defends his controversial decisions such as mass staff cuts.

"I wrote *Riding the Jet Stream* to set the record straight on what actually happened during my career," Joyce says, "I also want to encourage young leaders to learn from my successes and failures".



PAPUA NEW GUINEA

From State to Enterprise, The 50-Year Journey of PNG Government's Service Providers

By John Brooksbank



This book was commissioned by Papua New Guinea's Minister for State Enterprises, William Duma, and funded by Kumul Consolidated Holdings, which oversees PNG's state-owned enterprises (SOEs).

Key SOEs in PNG include Telikom PNG, Post PNG, PNG Power Corporation and PNG Ports Corporation.

Author Brooksbank chronicles their transition from government departments at independence in 1975 to commercial enterprises owned by the state that now have the dual role to provide reliable and cost-effective services as well as earning profits distributed back to the state as annual dividends.

Air Niugini is included among the chapters on the various SOEs that exist today.

The book notes that the SOEs collectively have more than PGK13 billion worth of assets and contribute significantly to the nation's GDP.

Brooksbank previously wrote *Eda Moresby* (2022), a coffee-table book about the history and culture of Port Moresby, where he has lived for more than 45 years, and he is a regular contributor to *Paradise*.

Copies of the book are available from Kumul Consolidated Holdings.

POLITICS

Regime Change: Inside the Presidency of Donald Trump

By Maggie Haberman and Jonathan Swan (Simon & Schuster)

Available as an audiobook

This is a highly praised real-time history that focuses on the first year of Donald Trump's second presidency, written by two reporters who have remarkable access and insight into the inner workings of the White House.

Haberman and Swan are journalists with the *New York Times* and in the 464 pages of their book they take aim at the President over everything from presidential pardons to falsified business records.

The book is based on hundreds of interviews with White House staff and officials, as well as aides, friends and business acquaintances of Trump. The President himself granted the reporters an interview at which they could fact check their material.



The writing takes us behind the scenes of the Trump Administration and outlines fascinating conversations in the Situation Room, where critical decisions are made.

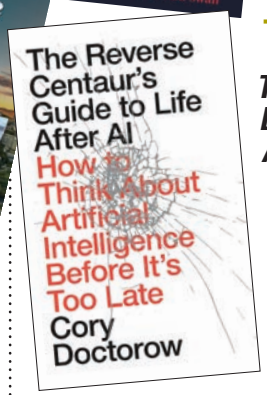
It's no surprise that Trump has criticised the book as a "con job".

TECHNOLOGY

The Reverse Centaur's Guide to Life After AI: How to Think About Artificial Intelligence Before It's Too Late

By Cory Doctorow (Verso)

Available as an audiobook



The first thing to define here is a 'centaur'. In Greek mythology it is a creature with the upper body of a human and the lower body of a horse. In the context of this book, it is a human helped by a machine.

A 'reverse centaur', in the context of the book, is more sinister. It is a human who is conscripted to assist a dominant machine. In short, the person becomes the tool of the machine.

An example is a driver who is made to deliver non-stop all day at an inhuman speed without bathroom or food breaks, with the pace dictated by an algorithm.

Tech activist Cory Doctorow examines this phenomenon in a climate where AI and automation are taking off.

He isn't outright anti-AI but, as he examines the pros and cons of AI, he warns that life with it should mean the tools work for us, not the other way around. ■

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WITH NADAV SHEMER SHLEZINGER

A vision of PNG's economic future

PNG's Prime Minister and business leaders revealed their thoughts on the future of the country's economy at the 2026 Business Advantage PNG Investment Conference. *Nadav Shemer Shlezinger* reports.

Prime Minister James Marape and leading financiers and investors were among the key decision-makers to set out their visions for the Papua New Guinea economy at the 2026 Business Advantage PNG Investment Conference in Brisbane.

The Prime Minister gave the opening address at the annual two-day conference at the Brisbane Convention and Exhibition Centre, attended by more than 200 business leaders from PNG and Australia.

The conference featured discussion on a range of important business and investment topics, including how PNG can turn its potential new resources boom into lasting economic development.

Together with Papua LNG and ExxonMobil's P'nyang gas project, these resources projects could account for a combined 25–37 per cent of PNG's gross domestic product (GDP) at their peak, Daniel Faunt, Group General Manager – Corporate & Institutional Banking at BSP Financial Group, told the conference.

The Prime Minister reiterated his belief that PNG will grow into a PGK200 billion economy

1



PICTURES: STEFAN DANILJCHENKO

2



3





by the early 2030s. He also pledged: "If this administration is still around in 2030, and we hit a PGK200 billion economy, you have my word: I will slash corporate tax and personal income tax by 30–40 per cent."

The Country Director for PNG at the Asian Development Bank, Takafumi Kadono, presented the bank's latest GDP growth predictions for PNG: 3.6 per cent for 2026 and 3.4 per cent for 2027.

While household consumption and agribusiness alone would help sustain such growth, Andrew Betteridge, Country Head of ANZ PNG, made the point during a moderated discussion that "it's foreign direct investment that provides the confidence and the frameworks for other business growth.

"Even for businesses that have no exposure to the (forthcoming) resource projects whatsoever, opportunities will come their ➤



1. **PNG Prime Minister James Marape at the conference.**
2. **Governor of the Bank of PNG Elizabeth Genia.**
3. **KPMG Chief Economist Dr Brendan Rynne.**
4. **Conference delegates take a break in between sessions.**
5. **Air Niugini staff welcome IPA Managing Director Clarence Hoot to their booth at the conference expo.**
6. **A panel discussion with bankers and investment experts.**
7. **International expert on AI Dr Ben Hamer.**





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way. That's how we take PNG from three and four per cent growth to seven, eight (or) nine per cent growth, which is entirely realistic," he said.

Steamships Trading Company is one business positioning for growth from resource projects. Managing Director Chris Daniells told the conference that the diversified conglomerate has poured PGK500 million into its maritime and logistics fleet over the past three years, "equipping PNG for the next 10 to 15 years of growth."

Among others presenting at the conference were Dr Ben Hamer who is an international expert on AI and the future of work, KPMG Australia's Chief Economist Dr Brendan Rynne, and Governor of the Bank of Papua New Guinea Elizabeth Genia.

The program included keynote addresses, panel discussions, case studies, networking events, an expo and a gala dinner. ■









8 **Sarimu Kanu, the Managing Director of Kumul Minerals Holdings, chats with Andrew Wilkins from Business Advantage International.**

9 **Leading PNG executives discuss the country's economic outlook.**

10 **Prime Minister James Marape (second from right) with conference delegates.**

11 12 13 **Delegates at the two-day conference.**



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On the comeback

Craig Tansley reports that tourism is surging in the Solomon Islands.

The Solomon Islands are continuing a major tourism rebound. Figures for 2025 show that international tourist numbers are almost back to the country's 2019 benchmark of almost 29,000 visitors per year, before the COVID-19 pandemic struck.

In 2025, 28,458 international tourists visited the Solomons. That's an increase of 13 per cent on 2024.

But now the Solomon Islands government has set a huge target for tourism in the coming years. It wants 100,000 international tourists per year from 2035, a target that will



PICTURE: SOLOMONS TOURISM

The low-impact Fatboys Resort.



require a sustained and consistent annual growth of around 15 per cent.

The country's tourism board is positioning the Solomons as the Pacific region's "last true great adventure frontier" to try to attract high-value travellers seeking authentic, uncrowded and nature-led eco-experiences.

Tourism Solomons Head of Corporate Services, Dagnal Dereveke, told *Paradise* that the destination's marketing direction reflects the Solomon Islands' commitment to offering "real adventure in a true eco-environment".

"We are focused on delivering high-value, low-impact adventure experiences that appeal to a discerning global audience in niche areas (like diving, surfing, hiking)."

The most visited region of the Solomon Islands continues to be the Western Province, especially the settlements of Gizo and Munda, and the iconic Morovo Lagoon – the world's largest saltwater lagoon.

Travellers come to this region for diving, snorkelling and World War 2 wrecks. They also come for other activities like hiking, birdwatching, deep-sea fishing and surfing.

> "The Solomon Islands government has set a huge target for tourism in the upcoming years."

It's this area where you'll find some of the country's most exclusive accommodation, though while some of it is considered boutique and luxurious, it's very much of the 'barefoot luxury' category.

Low-impact retreats on their own islands, like Fatboys Resort, offer visitors exclusivity – but with a rustic orientation. You'll be transported to these retreats by boat or by landing at their own airstrip; and you'll access fishing, diving, surfing and hiking excursions from boats that pick you up right from your retreat.

After the stall in tourism due to COVID-19, development is now taking place across the Solomons.

Much of it is focused on the country's capital, Honiara, where Air Niugini flies regularly. In January, a new 60-room hotel, Xiaos Henderson Hotel, opened beside the international airport, while the King Solomon Hotel is undergoing a US$45 million renovation.

The 41-room Outback Holiday Resort opened in mid-2025, as well as refurbished hotel Raiders Hotel & Dive, on the island of Tulagi. There's also a new hotel in Gizo (Zaru Hotel) and a new lodge in Guadalcanal, called Parangiju Mountain Lodge.

And in a major expansion to the Solomons' surf tourism, Nafinua Surf Retreat has opened just off the southeast island of Santa Ana. ■



Four questions for: **ESTHER GEGELAGI**, CEO OF PNG FM

Esther Gegelagi was recently appointed as the chief executive officer of PNG FM, the PNG subsidiary of Communications Fiji Limited (CFL). She tells *Paradise* about her plans for the business.

Q: Congratulations on becoming PNG FM's first CEO. What does this newly created role mean for the business? What are you planning to bring to it personally?

A: The creation of this role reflects the growth and evolution of PNG FM and the media industry more broadly. We are now more than 30 years into operating in Papua New Guinea, and while radio remains the core foundation of our business – across our three stations, Nau FM, Yumi FM and Legend FM – the way people consume content and the way businesses communicate with their customers is evolving every year.

> "Our goal is to meet our audiences wherever they choose to consume content."

Our vision is to be PNG's dominant media organisation. Achieving that means continuously building on our trusted radio brands while also expanding our capabilities across digital media, content creation and integrated marketing solutions.

Personally, I want to provide the team and the board with a clear strategic direction, empower our people to embrace innovation and ensure PNG FM leads the industry while remaining true to the values that have been with us for the past 30 years.

Q: What will be your key focus areas in your first 12 months as CEO?

A: I was with PNG FM 13 years ago (from 2004 to 2013, before stints at Paradise Cinemas and Remington Group), and a lot has changed in terms of demographics and how businesses operate. So, my priority is listening to the team, understanding the business and building on the strong foundation already in place.

From there, the focus will be on strengthening our commercial performance, investing in our people and changing our current products to meet the needs of our audience and our advertisers.

Q: CFL Chairman William Parkinson says the company's success had been built on local knowledge of Fiji and PNG. As someone who began her career at PNG FM, how does that local knowledge shape your approach?

A: Local knowledge is one of our greatest strengths – it is our competitive advantage. PNG is incredibly diverse, and having the capability to understand our communities, cultures and audiences allows us to create content that truly connects with our people. That same understanding helps us deliver better marketing solutions for our clients, because successful communication starts with knowing and understanding your audience.

Q: Can you talk us through PNG FM's plans to grow its audience, and what opportunities you see in PNG's rising levels of digital connectivity?

A: Our strategy is centred on integration to drive overall growth. Radio will always remain at the heart of PNG FM, but we are strengthening connections across our radio, digital and social platforms, PNG Haus Bung, Magic Factory, Total Event Company, and our community and CSR activities.

Our goal is to meet our audiences wherever they choose to consume content while providing our advertisers with more effective integrated marketing solutions.

Connectivity is a big part of this. More Papua New Guineans are accessing information through their mobile devices, and for PNG FM the digital side of things complements radio rather than replacing it. For example, our announcers are now going live on social media simultaneously with their on-air broadcasts – so whether you have access to a radio or not, you can follow along. ■



PNG FM CEO Esther Gegelagi.
PICTURE: PNG FM

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INVESTING IN COMMUNITY

A SPECIAL REPORT



A WORLD OF GOOD

HOW BUSINESSES IN THE REGION ARE HAVING A POSITIVE IMPACT

Many businesses around the world, including those in Papua New Guinea and the Pacific region, undertake unsung community initiatives that help the environment and local people.

These businesses often work under a framework called ESG, which stands for 'Environmental, Social and Governance'.

What is it exactly?

A simple translation is that ESG is a set of standards that evaluates companies beyond their financial profit.

ESG considers factors such as a company's impact on the environment, its record in community involvement and how it is managed.

In this special report, *Paradise* profiles some of the companies in the region that are adopting such initiatives.

Among those companies are ExxonMobil PNG, Nasfund, Kanda International, Heritage Park, Coca-Cola Europacific Partners and Country Tours PNG. ■


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PROTECTION FOR PNG'S ECOSYSTEMS

A long-term ExxonMobil program is enhancing conservation in PNG.



PICTURES: SUPPLIED BY EXXONMOBIL PNG







Ranger training with the Binatang Research Centre (top); frogs and other species have been described and discovered as part of the ExxonMobil program (above left); mapping out the future (above middle); Samson Hege (above right).

Over the past decade, ExxonMobil PNG (EMPNG) has delivered one of Papua New Guinea's most comprehensive biodiversity conservation and monitoring programs.

Implemented through long-term partnerships with local communities, government agencies, conservation organisations, universities, research institutions and experts in their field, the company says the program has made a meaningful contribution to biodiversity science, conservation outcomes and national protected area objectives.

"This sustained investment in conservation-focused community engagement and capacity development supports the PNG Government's priorities around protecting critical habitats, conserving biodiversity, and preserving the nation's unique environmental and cultural heritage," the company says.

Guided by EMPNG's Biodiversity Strategy, which assesses impacts associated with the PNG LNG Project, the program has delivered measurable outcomes across four key priority areas.

Those four areas are conservation capacity development, community-based conservation initiatives, discovery and documentation of species, and cultural heritage preservation.

CONSERVATION CAPACITY DEVELOPMENT

A key foundation of the program is investment in developing skills, knowledge and partnerships that enable Papua New Guineans to lead and sustain conservation efforts.

During its first five years, EMPNG partnered with the Mama Graun Conservation Trust Fund and the University of PNG. This collaboration continues today with the New Guinea Binatang Research Centre, which focuses on strengthening both technical and community-level expertise.

Key initiatives include support for Masters and PhD studies at local and international universities, alongside short training courses for biologists and community conservation practitioners.

Through scholarships and biodiversity monitoring data, EMPNG has supported the training of more than 15 scientists, 24 conservation practitioners and 60 rangers.

Among them is Samson Hege, one of the first recipients of the EMPNG biodiversity scholarship. Originally from Eastern Highlands Province, he graduated in April 2024 with a Master of Philosophy in Applied Chemistry from the PNG University of Technology. He is now pursuing a PhD while lecturing at Pacific Adventist University, helping to inspire the next generation of conservation scientists.

COMMUNITY-BASED CONSERVATION INITIATIVES

Working closely with local communities, EMPNG supports conservation approaches that integrate traditional knowledge, sustainable livelihoods and environmental stewardship.

In 2023, more than 1000 people from 109 clans in the Lower Kikori area signed 11 community conservation deeds, committing over 20,000 hectares of land to conservation – the largest such agreement of its kind in PNG.

With additional agreements underway and the proposed Wau Creek Protected Area nearing formal declaration, these efforts reflect a coordinated approach that brings together science, community participation and regulatory frameworks.

DISCOVERY AND DOCUMENTATION OF NEW SPECIES

Building on strengthened local capacity and partnerships, EMPNG has significantly advanced scientific understanding of species and ecosystems within the PNG LNG Upstream Project Area.

Through its biodiversity-monitoring activities, the program has expanded knowledge of both known and previously undocumented species. One of the most significant components is the camera trapping survey, with 80 cameras deployed every two years to monitor ground-dwelling fauna.

> “ExxonMobil PNG has supported the training of more than 15 scientists, 24 conservation practitioners and 60 rangers.”

Since 2015, the program has recorded more than 18,000 images, accumulated nearly 24,000 sampling days and documented over 100 vertebrate species. Approximately 22 have been newly described, including Mogina’s damselfly and the recently identified Hooded Jewel Babbler from Iagifu Ridge in the Agogo Mountain Range near Moro, Southern Highlands Province.

CULTURAL HERITAGE PRESERVATION

Complementing its environmental work, EMPNG and the PNG LNG Project prioritise the protection and documentation of PNG’s cultural heritage.

In partnership with the PNG National Museum and Art Gallery, EMPNG has implemented measures to safeguard significant archaeological discoveries made during construction and operations.

One of the most important findings is at the LNG Plant site in Caution Bay, where the first evidence of Lapita pottery on mainland New Guinea – dating between 2400 and 2900 years ago – was uncovered.

To date, nearly 3000 cultural heritage sites and artefacts have been documented across the project area. ■

To find out more, see pnglng.com.



HOTEL STEPS UP FOR ENVIRONMENT AND COMMUNITY



PICTURE: DANIEL SCOTT

The Heritage Park Hotel in the Solomon Islands.



A Solomon Islands hotel is leading the way in sustainable hospitality through renewable energy and community investment.

The Heritage Park Hotel stands as a leader in sustainable hospitality in the Solomon Islands, demonstrating how environmental responsibility, social impact and strong governance can create lasting value for both business and community.

Since June 2026, the hotel has operated on a hybrid solar energy system supported by an 875 kW solar array and 2250 kWh battery storage capacity, significantly reducing reliance on conventional energy sources.

Energy-efficient heat pumps provide hot water across the property, saving approximately 253 kWh of electricity daily and reducing emissions by more than 95 per cent. Rainwater harvesting systems spanning 2985 square metres of roof area also help conserve resources and reduce operating costs.

> “The hotel supports local communities through hospital donations, educational sponsorships and skills-development initiatives.”

People remain at the heart of Heritage Park’s sustainability journey. Women represent 62 per cent of the workforce, while 89 per cent of employees are Solomon Islanders.

The hotel supports local communities through hospital donations, educational sponsorships and skills-development initiatives that create opportunities and strengthen local capacity.

A diverse board and transparent reporting framework promote accountability and responsible decision-making. ESG performance is reviewed alongside financial and operational metrics, ensuring sustainability remains central to long-term business success. ■

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ENERGISING THE NATION

State-owned Kumul Petroleum manages PNG's participation in the petroleum industry, including the PNG LNG Project.



PICTURE: SUPPLIED BY KUMUL PETROLEUM

> "In addition to petroleum- and energy-related activities KPHL has supported other nation-building activities, including rural electrification."

Kumul Petroleum has constructed tanks for Jet A-1 fuel storage.

Kumul Petroleum Holdings Limited (KPHL) was established in 2015 to manage state participation in the 30-year PNG LNG Project. The income from the project is still the principal source of income for the company.

KPHL has, however, been much more than just a shareholder in this transformational LNG project. Alongside providing a regular significant annual dividend income to the government, it has used its revenue to establish a specialist petroleum industry training centre, the Kumul Petroleum Academy, and since 2019 has been a co-venturer with Santos in NiuPower Limited, a 58 MW gas-fired power station near Port Moresby.

KPHL has strategic shareholdings in several petroleum licences and is also owner and operator of four retention licences, covering the Uramu, Kimu, Barikewa and Pandora fields, where discoveries have been made in past years.

Addressing fuel security, KPHL has constructed four three-million-litre tanks for Jet A-1 fuel storage at Port Moresby's Motukea international wharf.

In addition to petroleum- and energy-related activities KPHL has supported many other nation-building activities including construction of rural electrification – hundreds of kilometres of 'poles and wire' to connect Highlands communities to the Ramu grid.

Also, Kumul Petroleum has spent more than PGK100 million actively supporting health infrastructure such as the National Heart Centre, cancer and surgical wards at the Port Moresby General Hospital and the re-establishment of cancer services facilities at ANGAU Memorial Hospital in Lae.

KPHL's corporate social responsibility projects include support of national and regional sporting codes and community development initiatives across the country.

Over time KPHL has grown organically to match increasing levels of activity, recruiting national industry professionals and operating a graduate development program. The company has a staff of just over 100.

With a new board appointed in late 2025, and a new managing director in mid-2026, Kumul Petroleum is focused on consolidating its activities. ■

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Heritage Park Hotel ESG Impact

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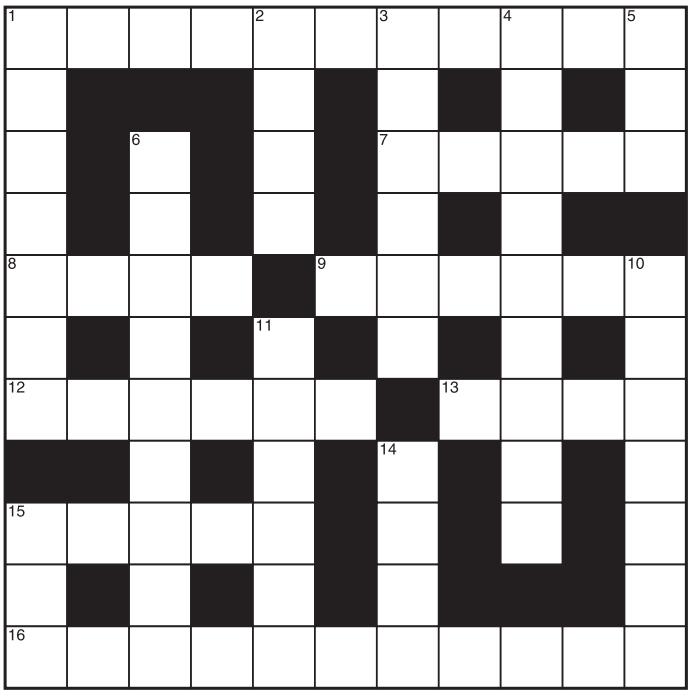
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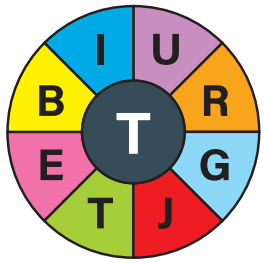
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Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

13 Good 18 Very Good 25+ Excellent

CRYPTIC CLUES

ACROSS

1. Rants upset father –that's very clear (11)
7. Extra details wrapped up deal (5)
8. Shop around for beer ingredient (4)
9. Vermin behind the post office? Call the law! (6)
12. Moraliser Monthly contains a lecture (6)
13. Bound to turn pale (4)
15. Heard other side of coin stories (5)
16. Stood in for gift, caught in marsh grass (11)

DOWN

1. Flashlights kept in closet or chest? (7)
2. Look over messy cans (4)
3. Movement led to some satisfaction (6)
4. They put one to the test (9)
5. Take it easy at first attachment (3)
6. It prevents the sheets getting separated (9)
10. Former spouse sat bare (7)
11. Rodent swallowed sulphur dessert (6)
14. Be concerned for the odd chairmen (4)
15. Deserter returned as sailor (3)

STRAIGHT CLUES

ACROSS

1. See-through (11)
7. Equatorial breeze, ... wind (5)
8. Jumps on one foot (4)
9. Constabulary (6)
12. Church address (6)
13. Look before you ... (4)
15. Chaucer classic, *The Canterbury* ... (5)
16. Symbolised (11)

DOWN

1. Sets ablaze (7)
2. X-ray procedure, CAT ... (4)
3. Film director's cue (6)
4. Questioners (9)
5. Dead heat (3)
6. Documents fastener (9)
10. Blew the whistle on (7)
11. Hair cream, styling ... (6)
14. Worry (4)
15. ... & feather (3)

The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. Where are you going if you fly into PNG's Tokua Airport?
2. Name the three countries to colonise PNG before independence in 1975.
3. Is Port Moresby on PNG's southeast coast or southwest coast?
4. What does PNG have 39 of, according to the Smithsonian Institution?
5. Can you name the coach of the new PNG Chiefs rugby league team?
6. Tokyo is one of Air Niugini's newest destinations. What was the city previously called: Edo, Nara or Yokohama?
7. What is the traditional Japanese paste *miso* made from: lima beans, soya beans or adzuki?
8. What is the approximate average weight of a sumo wrestler: 135kg, 160kg or 200kg?
9. What is the name of the famous Japanese monster that first appeared in a 1954 movie?
10. In the Japanese martial art of judo, the best exponents wear a black belt. What colour do beginners wear?
11. Air Niugini has started flights to Auckland in New Zealand. Is it located on the North or South Island?
12. Can you name the capital of New Zealand?
13. What will happen on Sydney Harbour on December 26?
14. How do you spell the word for a person from the Philippines: Pilipina, Philipino or Filipino?
15. What is FJD? Hint: think money.

WHO AM I?
I am a well-known Papua New Guinean. I am 32. I retired from my profession last year on medical grounds. You may have seen me on a sporting arena.

Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

For solutions to the quiz and puzzles, see next page.



Solutions

T	R	A	N	S	P	A	R	E	N	T
O				C		C		X		I
R		P		A		T	R	A	D	E
C		A		N		I		M		
H	O	P	S		P	O	L	I	C	E
E		E		M		N		N		X
S	E	R	M	O	N		L	E	A	P
		C		U		C		R		O
T	A	L	E	S		A		S		S
A		I		S		R				E
R	E	P	R	E	S	E	N	T	E	D

Wheel Words

Bite, Brut, Butt, Girt, Grit, Jute, Rite, Tier, Tire, Trig, True, Tube, Biter, Bruit, Brute, Butte, Rebut, Tiger, Tribe, Trite, Tuber, Uteri, Utter, Begirt, Bitter, Butter, Gutter, Jitter, Tribute.

9-letter word: JITTERBUG.

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

The Paradise Quiz

1. Rabaul/Kokopo. 2. Britain, Germany and Australia. 3. Southeast. 4. Volcanoes. 5. Willie Peters. 6. Edo. 7. Soya beans. 8. 160kg. 9. Godzilla. 10. White. 11. North. 12. Wellington. 13. The start of the annual Sydney to Hobart yacht race. 14. Filipino. 15. The currency code for the Fijian dollar.

Who Am I?

Rugby league player Justin Olam, who retired from Australia's National Rugby League in 2025 because of a knee injury. Olam played 117 NRL games for Melbourne Storm and West Tigers.



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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 756,754 according to the National Statistical Office's 2024 Census.

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.

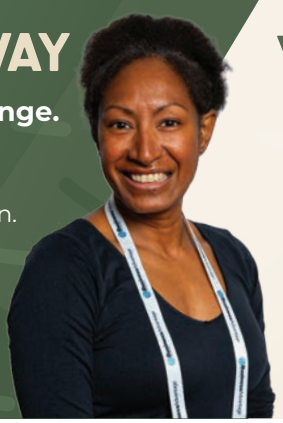
Phone: International phone roaming is possible in PNG, but it can be costly. A cheaper option is to buy a local SIM card and pre-paid credit (including data packs for smartphones). Major mobile networks are Digicel, Telikom PNG and Vodafone. Mobile data is available in cities and towns but may not be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

ELECTRICITY

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

ARRIVING AND GETTING AROUND

Arrival card: PNG launched the PNG Digital Arrival Card (PNG DAC) in late 2025. It has replaced the traditional paper-based passenger card for all travellers

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entering the country. The PNG DAC can be completed online at pngdac.ica.gov.pg up to three days before travel.

Green fee: PNG introduced a PGK50 green fee in late 2025, payable at the airport for all foreign passport holders departing the country. However, at the time of going to press, the fee had been temporarily paused because of collection issues. The fee was introduced by the Climate Change Development Authority to help fund programs to battle climate change.

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

Car hire: Major companies include Budget (+675 323 6244), Hertz (+675 325 4999/+675 7235 2442), Avis (+675 324 9400) and WB Transport Systems (+675 7347 9662). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

Domestic flights: Travelling within PNG often means taking an internal flight. Air Niugini offers passengers the chance to book (and, for some flights, also to check-in) online, but make sure you print out a copy of your receipt to show at check-in.

Aircraft and helicopter charters are available for travel to remote locations.

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

HEALTH

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

MEDICAL EMERGENCY

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

MONEY

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

SHOPPING

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

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

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

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

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

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.


PICTURE: MICAH DEMAS

Traditional crafts are on sale at the POM City Markets.

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.

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. 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 crownhotel.com.pg. Tel. +675 309 3329.

Crowne Plaza Residences: There are 54 two- and three-bedroom serviced apartments at the residences, suitable for short- and long-term stays. Located in the Nambawan Plaza office complex in the CBD, with harbour views. See ihg.com. Tel. +675 308 3100.

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. Currently undergoing a major renovation. See coralseahotels.com.pg. Tel. +675 321 2100.

Gateway Hotel: Conveniently located just minutes from Jacksons International Airport, the hotel has a range of dining options, conference facilities, modern gym and two swimming pools. Free airport shuttles are available for guests. A major renovation program is due to finish by the end of 2026. See coralseahotels.com.pg. Tel. +675 327 8100.


PICTURE: SUPPLIED BY LOLOATA

The swimming pool area at Loloata Island Resort.

Grand Papua: This premium hotel is undergoing a major renovation and is temporarily closed. It is expected to reopen in the middle of February. See coralseahotels.com.pg/grand-papua-hotel. Tel. +675 304 0000.

Hilton Port Moresby: The hotel has five restaurants, an executive lounge, six meeting rooms, a convention centre, swimming pool and fitness centre. The accommodation includes standard rooms, executive rooms and suites, all with floor-to-ceiling windows. 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 the Bootless Bay restaurant. 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 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.

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The Smart Farmer Program continues to grow from strength to strength, with more farmers gaining the knowledge and skills needed to contribute to the future of rice farming in Papua New Guinea. The program recently held its inaugural Smart Farmer training at the University of Natural Resources and Environment (UNRE) in Rabaul, bringing together 150 farmers for the training. An additional 399 farmers were trained during June and July, bringing the total number of farmers trained since the program began in 2022 to 1,586.

The program is also moving into its next phase, with Trukai currently working with the Paddy Buyback Pilot Project with farmers in the Markham Valley, Morobe Province. The pilot is an important step towards strengthening the connection between local farmers and commercial rice production.

Beyond the field, the Smart Farmer Program continues to engage with communities and young people across the country. Trukai recently participated in the PNG Agriculture & Trade Festival in Goroka and is currently taking part in the PNG University of Technology Career Fair, creating opportunities to connect with farmers, students and future professionals in agriculture.

Work is also progressing on Trukai's first 300-hectare commercial irrigated rice farming project at Erap, with land preparation currently underway. Planting is expected to commence in early December, marking an important milestone in Trukai's efforts to develop commercial rice production in Papua New Guinea.

The project is also creating a practical pathway for Smart Farmer Program participants to gain hands-on experience in commercial farming. Twenty-four Smart Farmer participants have been trained as interns, giving them an opportunity to build their skills and prepare for careers in commercial rice production. The pathway is already delivering results. One of the interns has joined Trukai this month as a permanent Field Officer, turning training and practical experience into a career opportunity. From training farmers in communities to developing commercial rice farms, Trukai is continuing to invest in the people, skills and systems needed to grow the future of rice farming in PNG.

For more information, please email us at: *Enquiries@trukai.com.pg*

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Pacific Adventist University
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Sheraton Port Moresby Stanley Hotel & Suites: The Sheraton is the latest international hotel brand to open in Port Moresby, having taken over the Stanley Hotel and Suites in August 2026. It is a luxurious property in Waigani, close to government offices and embassies with 284 rooms, 15 suites and 95 apartments, gym, pool, cafe and restaurants. As part of the takeover, the lobby has been extensively renovated. Connected to Vision City Mega Mall. See marriott.com. Tel. +675 207 7888.

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. +675 479 0100.

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 a range of rooms, including deluxe executive suites, 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.

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. There is also an a la carte menu and stunning views. If you're after a drink, have cocktails and beers at the Balus Bar. For an exclusive experience, head to the Havanaba, an old-school bar where you can have a cigar with your pick of top-shelf wines and spirits. See airways.com.pg. Tel. +675 324 5200 and +675 7373 2600.

Akura: An elegant dining and lounge bar at Harbourside that is a popular spot for after-work drinks Try their beef vermicelli salad or pop in for Taco Tuesday. ➤



Tel. +675 7320 7777. See instagram.com/akurapng.

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

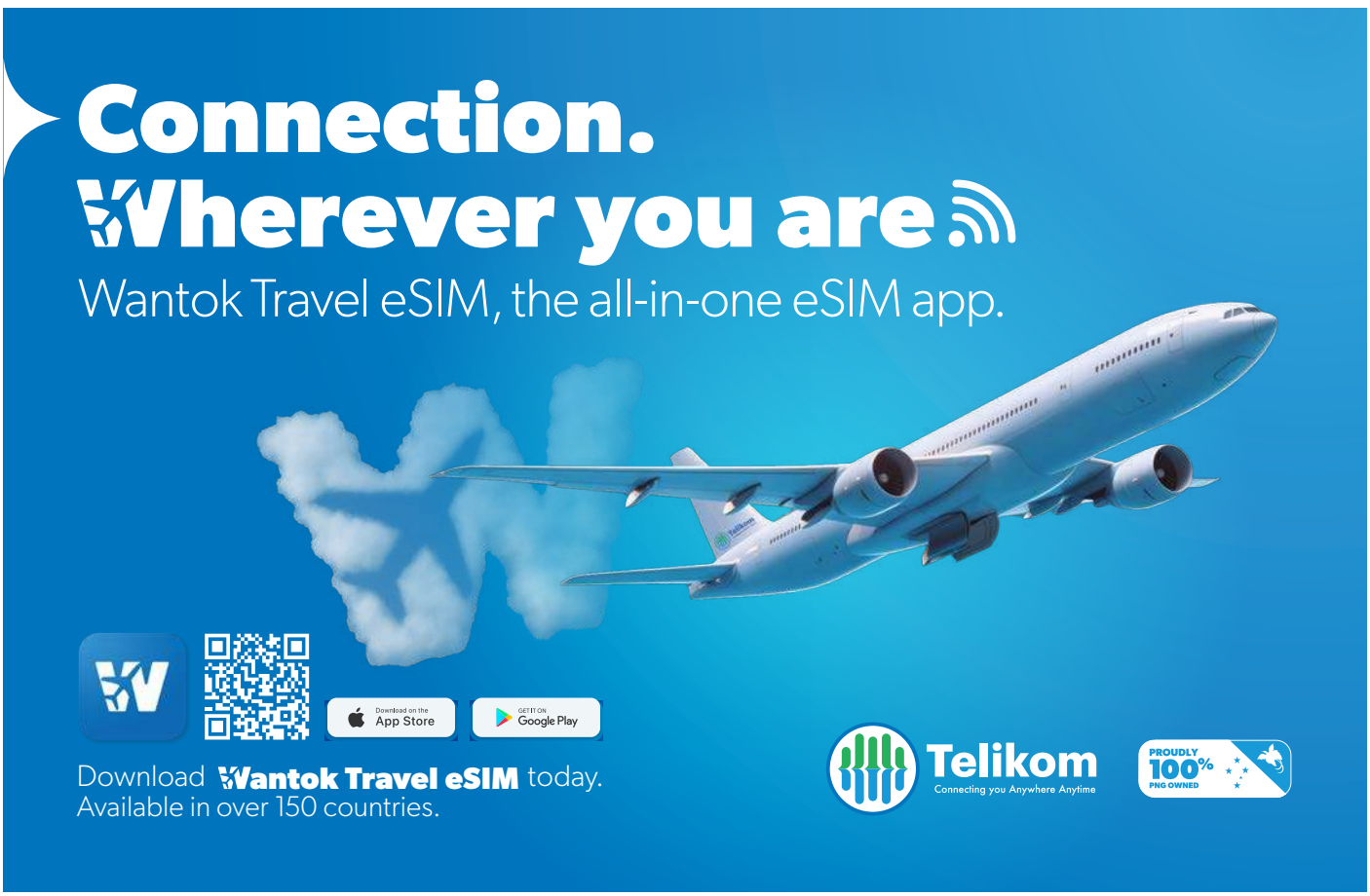
Baker Boy: Quality burgers and fried chicken are the order of the day at this popular outlet operated by the same people behind the highly successful Duffy cafes. Baker Boy has locations in Waigani and Gordons; dine in or takeaway, or order through delivery partners. Open 9am to 9pm daily. Tel. +675 7727 1123, see bakerboypng.com.

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, which 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.

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.

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 ➤



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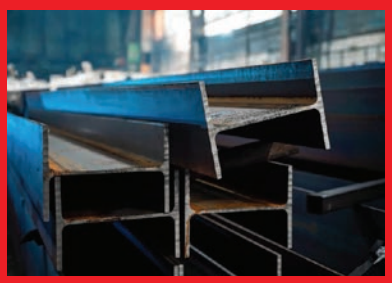
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of time for those busy work mornings. You can also find their bread on sale at Waterfront Foodworld. See duffypng.com. Tel. +675 325 8528.

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

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

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




gazelle
International Hotel
'For that experience to remember and share'
MAKAU ESPLANADE, KOKOPO

PICTURE: SUPPIED BY HILTON



The Hilton's Mumu restaurant.

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 haloumi) comes highly recommended. If you're on the go, the delicatessen bar offers fresh fruit, pastries, 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 Faya Haus Restaurant has breakfast from 6am, lunch and dinner. It has a la carte as well as a buffet, with the cuisine including PNG flavours. Expect themed buffets (such as barbecue and flavours of Asia) from Wednesday to Friday. The poolside Gekko Bar opens at midday and includes a big screen for sports telecasts and tasty bites to go with a range of wines, cocktails and local and international beers. See ihg.com. Tel. +675 303 2000.

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

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

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

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

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



Loloata Island Resort: The private island's Bootless Bay restaurant is spacious with high ceilings and an open-plan style that provides a panoramic view of the sea. The restaurant serves breakfast, lunch and dinner. 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.

Marriott Executive Apartments: The Laurabada Club on level 11 is a stylish restaurant and bar with relaxed spaces to sit inside and out. There's a happy hour every Friday and the venue is popular for sunset drinks. The menu is small but offers variety, with mains including a fisherman's basket, stuffed chicken breast, steak, butter chicken and pasta. See marriott.com. Tel. +675 7090 8888.

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 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, Marcus Kitchenette and Catering and many more. See phipax.com.

Port Terrace: 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. See portrestaurant.com.pg. Tel. +675 308 3100.

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

Royal Papua Yacht Club: Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan bar area showing sport on large screens. There is a themed ➤



cocktail night each Thursday. See rpyc.com.pg. Tel. +675 321 1700.

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

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

PORT MORESBY



Sheraton Port Moresby 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 has breakfast, all-day snacks and cocktail canapes. The chic tapas-style Monsoon Lounge is on the ground floor. Green Haus restaurant has all-day dining, including buffet dinners and live cooking stations. A new area in the lobby called &More by Sheraton offers a blend of cafe, market stall and laidback bar. See marriott.com.

Sidaam: This is an authentic Thai restaurant with delicious soups, curries, rice dishes stir-fries and more. It's on the ground floor of the recently completed Kwalimu



Haus in Waigani. See facebook.com/p/Sidaam-61579397097943. Tel. +675 7310 5825.

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 7629 0488.

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 lettuce cups, laksa and claypot tofu. They've added boba milk tea and their own range of fruity sodas to the drinks 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.

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.

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. Enquiries to Lae Golf Club. See laegolfclub.com.pg. Tel. +675 472 1363.

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. ■



MINI GUIDE TO TOK PISIN WORDS/PHRASES

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

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

NUMBERS

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

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 travellers.

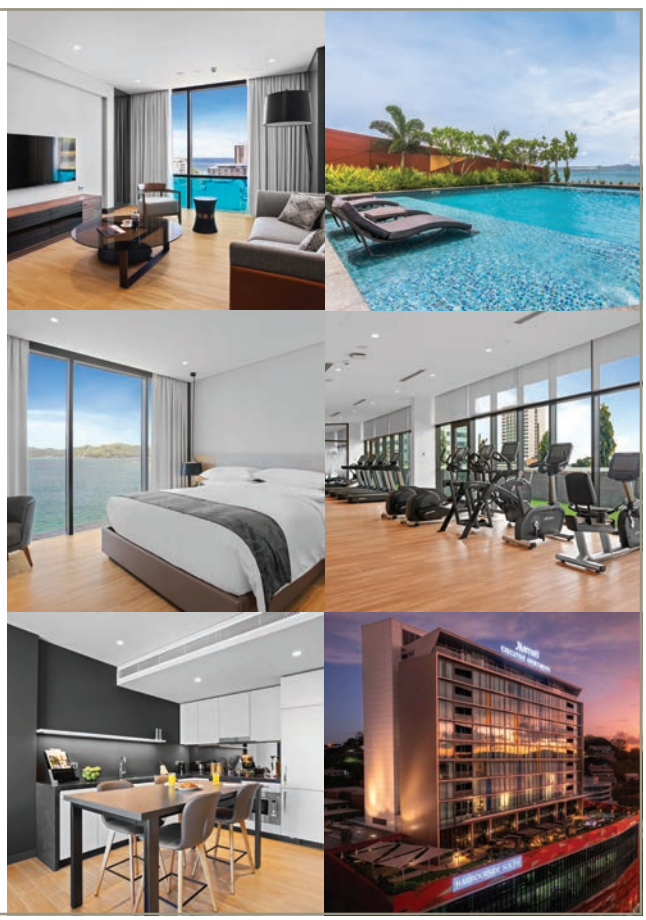
Guests will enjoy oceanic views as well as leisure facilities offered within the greater Harbourside Precinct. Various bedrooms and penthouses are available, each promising the space, ambience, and privacy of residential living. Guests also have access to the Executive Boardrooms and the indoor and outdoor venue space on the 11th floor, providing stunning views.

Gym membership including lap pool access is now available.

Use your Membership with us

Guests are welcome to use their Bonvoy Membership during their stay.
Reserve your room online at marriottexecutiveapartments.com

Marriott Executive Apartments®
Harbourside South | Stanley Esplanade, PO Box 1 | Port Moresby, Papua New Guinea
(+675) 7090 8888 | marriottexecutiveapartments.com



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A RETURN TO TOKYO

Air Niugini has resumed non-stop flights between Port Moresby and Tokyo after a six-year hiatus.

Flight PX54 departed Jacksons International Airport at 2.10pm on July 18 for Narita International Airport, restoring an important international air link to Japan that will operate twice weekly, every Wednesday and Saturday.

The inaugural service was operated by Air Niugini's Boeing 767-300ER aircraft. The route will also be served by the airline's Boeing 737-800 aircraft.

Passengers on the flight were treated to Air Niugini's refreshed onboard dining concept, featuring premium Papua New Guinean ingredients infused with Japanese-inspired flavours.

Speaking at the departure ceremony, Vice Minister for State Owned Enterprises, Raphael Tonpi, said the resumption of the service symbolises far more than the return of a commercial air route.

"Today's inaugural flight signifies the strengthening of the long-standing friendship between Papua New Guinea and Japan and opens a new chapter in our economic, tourism and people-to-people relationship. It demonstrates our confidence in the future of that partnership while creating new opportunities for business, education, tourism and investment."



Air Niugini's Chief Commercial Officer David Glover (third from left) accompanied by Vice Minister for State Owned Enterprises Raphael Tonpi (second from right) on arrival in Tokyo, joined by Air Niugini's Regional Manager Japan Kenzo Shimada (right) and Air Niugini crew.

The Vice Minister said the new flights will also create significant opportunities for Papua New Guinea exporters by providing faster access to one of Asia's largest markets for premium products such as coffee, vanilla, seafood and fresh produce.

Air Niugini Chairman Karl Yalo described the return of the Tokyo route as a milestone in the airline's transformation program and its commitment to reconnecting PNG with important international markets.

"Today is a proud day for Air Niugini. This is more than the return of a route. It represents our determination to reconnect Papua New Guinea with key international markets while supporting our country's economic growth and development."

The Japanese Ambassador to Papua New Guinea, Hisanobu Mochizuki, welcomed the resumption of the flights.

He said PNG possesses abundant natural resources and produces world-class agricultural and seafood products that are highly valued in Japan.

He said the restored service would also encourage more Japanese visitors. ■

Business leaders briefed on Air Niugini growth

Air Niugini's Chief Executive Officer Alan Milne outlined the airline's ambitious growth and transformation agenda at a recent Port Moresby Chamber of Commerce and Industry breakfast.

The well-attended business event brought together leaders from the private sector, government agencies, development partners and the wider business community.

The CEO said Air Niugini is undergoing one of the most significant transformation periods in its history through a combination of fleet modernisation, operational improvements, enhanced customer experience initiatives and investment in people.



Air Niugini CEO Alan Milne addresses the Port Moresby Chamber of Commerce breakfast.

"Our growth ambitions are strong, and building a successful airline requires both modern aircraft and skilled people. Neither can succeed without the other. While we continue to invest in our fleet, we are equally committed to investing in our pilots, engineers and frontline staff."

A focus of the presentation was Air Niugini's re-fleeting program, centred on the introduction of the Airbus A220 aircraft.

"The A220 is a game-changing aircraft for Air Niugini," the CEO said. "It offers improved fuel efficiency, enhanced passenger comfort, greater operational flexibility and lower operating costs. It provides us with a modern platform that supports our future growth aspirations while improving the overall travelling experience for our customers." ■

Air Niugini supports Bougainville medical mission

Seventeen people from Bougainville, most of them young children, have received life-changing cleft lip and cleft palate corrective surgeries through a partnership between Air Niugini, the Rotary Club of Boroko and a specialist medical team from Port Moresby General Hospital (POMGH).

The recent surgical outreach mission, conducted at Buka General Hospital, saw patients, including children as young as nine months old, undergo corrective procedures that will significantly improve their health, speech development, confidence and quality of life.

Air Niugini's support to the POMGH medical team was instrumental in making the mission possible, helping bring specialist medical services, including the medical team and equipment, directly to Bougainville and removing the financial and logistical barriers many families face in accessing treatment.

Air Niugini Chief Executive Officer Alan Milne said the airline was happy to support initiatives that provide essential healthcare services to communities across the country.

"Healthcare is a fundamental human right, and supporting initiatives such as this cleft-surgery mission aligns with our commitment to helping connect communities with essential medical services." ■



Head of Plastic and Reconstructive Surgery, Dr Jackson Nuli, and his team performing cleft lip and cleft palate surgeries at Buka General Hospital.

A HEARTFELT PARTNERSHIP GETS STRONGER

The Operation Open Heart Foundation and Air Niugini have strengthened their longstanding partnership to support lifesaving cardiac care for children across Papua New Guinea.

The two recently signed a Corporate Responsibility Memorandum of Understanding (MOU) that formalises their partnership and ensures continuity of support for one of the country's most critical health interventions.

Air Niugini's support for Operation Open Heart started in 1993 with the airlifting of volunteer Australian medical teams and medical equipment into PNG to support surgical missions.



From left, Air Niugini Chief Commercial Officer David Glover, Open Heart Chairlady Kathy Johnston, Air Niugini CEO Alan Milne and Open Heart Director of Corporate Affairs Jane Huka share a symbolic heart gesture following the signing of the MOU.

Today, Air Niugini plays a vital role in supporting provincial cardiac screening teams that travel across PNG to assess patients – primarily children – at provincial hospitals and clinics. These assessments ensure those who require urgent surgical treatment are identified early and referred to Port Moresby General Hospital for lifesaving surgeries.

In addition, the airline provides complimentary travel for children diagnosed with heart conditions and their guardians to and from Port Moresby for surgery.

Alan Milne, Chief Executive Officer of Air Niugini, says Air Niugini is proud to stand with Operation Open Heart.

"As the national airline, we have a responsibility to support initiatives that strengthen the well-being of our people. This partnership reflects our commitment to connecting families to life-saving care, supporting medical teams who travel to remote provinces, and ensuring that no child is left behind because of distance or financial barriers."

Chairlady of the Operation Open Heart Foundation, Kathy Johnston, thanked Air Niugini for its commitment. "Operation Open Heart Foundation expresses its deepest gratitude to Air Niugini for its unwavering support over the years." ■

PNG SHOWCASED AT SINGAPORE TRAVEL FAIR

Air Niugini, in collaboration with the Papua New Guinea Tourism Promotion Authority (PNGTPA), showcased PNG at a travel fair in Singapore recently.

It's the second year that Air Niugini and PNGTPA have taken part in the annual three-day National Association of Travel Agents Singapore event.

The official opening of the fair, featuring more than 100 exhibitors, was marked by a ribbon-cutting ceremony attended by Kapi Tau Maro, High Commissioner of PNG.

He said the travel fair offers an excellent platform for Air Niugini, in partnership with PNGTPA and tour operators, to actively promote PNG as a destination. "PNG's rich cultural heritage and pristine environment are treasures we aim to share," he said.

Three PNG performance groups – the Paluai Sooksook Performers from Manus, the Kokopo Beach Bungalow String Band and the Kairuku Dance Troupe – also took part in the fair. ■



ENJOY OUR BIRD OF PARADISE IN-FLIGHT SERVICE

PLEASE ASK US
If there is anything our cabin crew can assist you with during your flight, please do not hesitate to ask them.

HAND LUGGAGE
Please ensure that your carry on luggage is placed in the overhead locker or under the seat in front of you.

TAKEOFF AND LANDING
Ensure that your seat is in the upright position during takeoff and landing. Folding tables must be returned to their original position in the seat back or the armrest.

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

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

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

SMOKING
Smoking is not permitted on any Air Niugini flight.

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

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

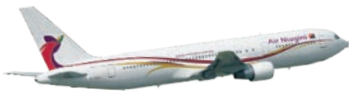
CUISINE
Our in-flight* meals have been specially prepared for your enjoyment. If you require a vegetarian meal or you are on a special diet, child or baby food, please inform us when making your reservation.

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

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



AIR NIUGINI FLEET



B767-300 – 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 Aircrafts in Fleet:** 02



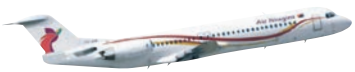
B737-800 – BOEING

- **Length:** 39.5m
- **Wing Span:** 35.7m
- **Range:** 5000-5500km
- **Cruising Speed:** 810-850kph
- **Power Plant:** 2 x CFM56-7B27E
- **Normal Altitude:** 11300m
- **Standard Seating Capacity:** 154-162
- **Business Class:** 12-16
- **Economy Class:** 128-150
- **Number of Aircrafts in Fleet:** 03



A220-300 – AIRBUS

- **Length:** 38.69m
- **Wing Span:** 34.98m
- **Range:** 6700km
- **Cruising Speed:** 115-245 KIAS
- **Power Plant:** PW1524G-3
- **Normal Altitude:** 41, 000 FT (Ceiling)
- **Standard Seating Capacity:** 138
- **Business Class:** 08
- **Economy Class:** 130
- **Number of Aircrafts in Fleet:** 03



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 Aircrafts in Fleet:** 04



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 Aircrafts in Fleet:** 03



DCH8-Q400 – BOMBARDIER

- **Length:** 32.8m
- **Wing Span:** 28.4m
- **Range:** 3000km
- **Cruising Speed:** 670kph
- **Power Plant:** 2 x Pratt & Whitney PW150A
- **Normal Altitude:** 7600ft
- **Standard Seating Capacity:** 76
- **Number of Aircrafts in Fleet:** 04



DHC8-315 – BOMBARDIER

- **Length:** 25.7m
- **Wing Span:** 27.4m
- **Range:** 1700km
- **Cruising Speed:** 510kph
- **Power Plant:** 2 x Pratt &Whitney PW123E
- **Normal Altitude:** 6100m
- **Standard Seating Capacity:** 50
- **Number of Aircrafts in Fleet:** 05



DHC8-202 – BOMBARDIER

- **Length:** 22.25m
- **Wing Span:** 25.89m
- **Range:** 1800km
- **Cruising Speed:** 550kph
- **Power Plant:** 2 x Pratt & Whitney 123D
- **Normal Altitude:**7600m
- **Standard Seating Capacity:** 36
- **Number of Aircrafts in Fleet:** 02



FALCON 900EX – DASSAULT

- **Length:** 20.21m
- **Wing Span:** 19.33m
- **Range:** 4500km
- **Cruising Speed:** 650kph
- **Power Plant:** 3 x Honeywell TFE731
- **Normal Altitude:** 7600m
- **Standard Seating Capacity:** 12
- **Number of Aircrafts in Fleet:** 01



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.

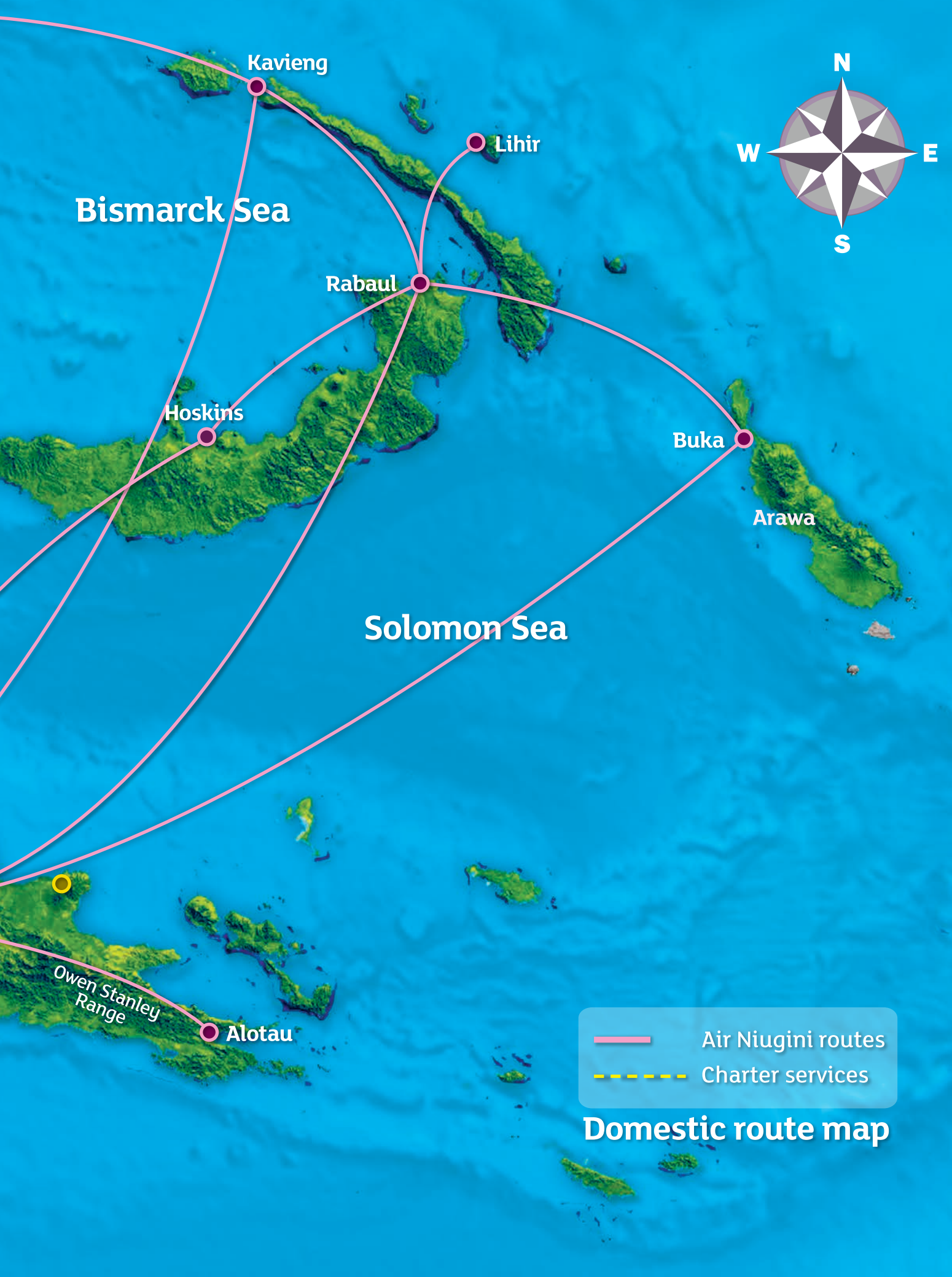
Motion Sickness

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.


Vanimo
Lorengau
Wewak
Manam Island
Sepik River
Karkar Island
Central Range
Ramu River
Tabubil
Madang
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Domestic route map



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INTERNATIONAL ROUTE MAP



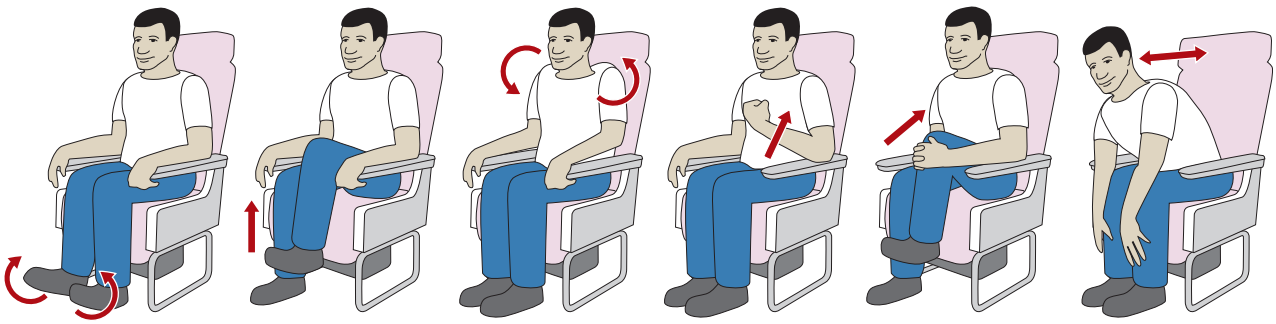
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Your wellbeing

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

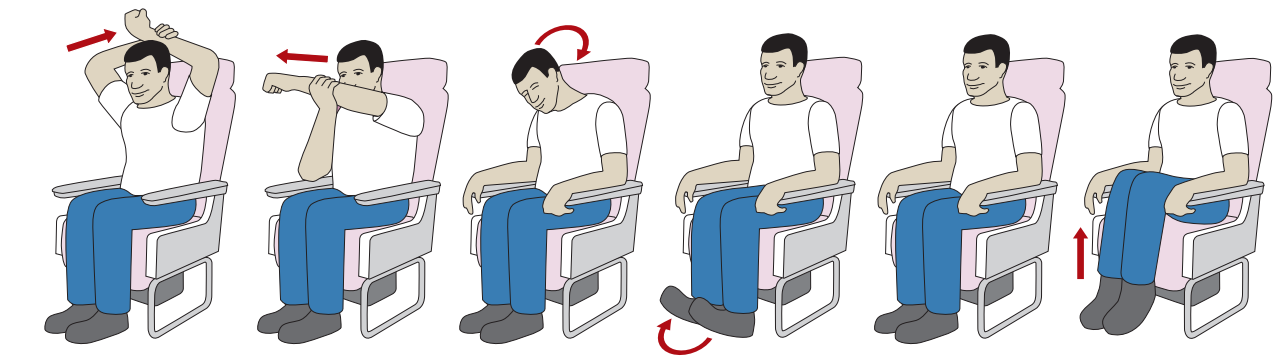
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

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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Celebrating 10 Years

of Biodiversity Partnership in the PNG LNG Project

Dendrobium cuthbertsonii
a high elevation orchid in
Hides, Hela Province

Over the past ten years, ExxonMobil PNG has implemented one of Papua New Guinea's most comprehensive Biodiversity Conservation and Monitoring programs. Delivered through long-term partnerships with government agencies, conservation NGOs, universities, research institutions, and local communities, the program has made a significant contribution to biodiversity science, conservation outcomes, and National Protected Area objectives.

Through this work, we've expanded knowledge of priority species and ecosystems within the PNG LNG Upstream Project Area - including the discovery and documentation of species.

The program identified over 20 new species and provided new data to the International Union of Conservation Network (IUCN) regarding PNG's mammal and bird populations.

The program also represents one of the country's most sustained conservation-focused community engagement and capacity-building efforts, directly supporting the Government's vision to protect habitats, species, and Papua New Guinea's unique environmental and cultural heritage.

In 2023 - 11 conservation deeds were signed by 100 clans in the lower Kikori area – the largest ever such initiative in PNG – demonstrating a strong, collaborative approach that integrates science and community participation with regulatory efforts.

To learn more, visit *pnglng.com* to explore a decade of social and environmental reports, along with biodiversity monitoring study publications that showcase this incredible work.

10 Years
PNG LNG PROJECT
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