

PNG ADVISORY SUPPORT FACILITY II: MORE ABOUT LIVING AND WORKING PNG

Standard of Accommodation in Port Moresby

The standard of accommodation in Port Moresby is excellent but does depend on what Advisers are prepared to pay. The main consideration will be security and generally the higher the rental per week, the more secure and well maintained the accommodation. Be prepared to pay at least K1500/AUD\$600 per week for a good 2-bedroom apartment and up to K3000/AUD\$1200 per week for a 3-bedroom apartment. Most apartments have views of the ocean and surrounding islands. Being in the tropics, standard features in most accommodation include air conditioning, ceiling fans and mosquito screens in each room. All apartments are furnished with white-ware, lounge suites, dining room suites and beds. However, it is necessary to provide your own linen, utensils, TV, stereo, etc.

Some Advisers choose to live in the hotels as an alternative to leasing an apartment. Some of the hotels have self-contained serviced units but these are popular and in high demand. As an alternative, some Advisers rent standard serviced hotel rooms and the hotel provides them with a fridge and microwave so they can do some of their own cooking.

Bringing your family to live in PNG

You can bring your family to live in PNG with you as long as you are sensible and security conscious. Life is somewhat restricted compared with life in Australia – for example, it is not often possible to go on drives or family picnics. Most recreation is of the organised type e.g. sailing club, diving groups, drama society.

As part of ASF Adviser's induction, you will receive a detailed security briefing which includes information on the Coffey ID security plan, emergency systems services, local information, avoiding incidents, minimising risks, and health related issues. If your partner accompanies you, they should also attend this security briefing.

ASF Advisers and their partners are also given a security radio which links Advisers into the Protect security radio and response network.

Schooling opportunities in Port Moresby

There are international schools in Port Moresby for children up to Year 12. The main school has internationally trained teachers and is considered to be of good quality. Students are both expatriate and national PNG children. International schools are operated by the International Education Agency (IEA) which sets standards, controls curriculum and holds training courses and seminars for IEA teachers and ancillary staff. Each school has, however, its own School Board which sets its own rules and regulations, approves curriculum, recruits staff and sets annual school fees.

There have been a number of changes over the last 5-10 years in the way that the IEA schools operate and cooperate in order to meet the changing needs of the population which chooses an International education for their children. There are small International schools in a number of provincial centres including Alotau, Lae, Madang, Buka, Goroka, Kiunga, Kimbe, Rabaul, Mount Hagen and Popondetta. In Port Moresby there are five International Primary Schools and one International High School. Each of the Primary Schools has a slightly different character:

- **Boroko East Primary School** has Kindergarten through to Year 2, with some 450 students aged 3–9. This is the junior section of the Korobosea/Boroko East School.
- **Korobosea Primary School** takes those children from Boroko East at Year 3 through to Year 10. Enrolment is from age 8-14. There are 660 students of which 97% are from PNG.

- **Gordons Primary School** is almost exclusively for PNG children whose parents wish to pay for a higher standard of education and the opportunity for their children to take international examinations. The school goes from Kindergarten through to Year 6 and has approximately 500 + students.
- **Murray International School (combined with Ela Beach Primary School)**. In 2004 these two schools merged and the Ela Beach site closed down due to falling numbers. The pre-school through to Year 7 are now situated on one site at the Murray School location. Murray school has the largest proportion of expatriates and is the recommended school for children of Australian High Commission staff.
- **St Joseph's International Primary School** is an international school for the Catholic community of Port Moresby although they will accept children of other faiths if there is space. As a means of supporting their own Church members the fees are kept deliberately low and so this school is always over-subscribed. The school is not a member of the IEA because it has to retain its independence in order to retain a strong Catholic ethos. It does, however, follow a broad-based international curriculum and has a high rate of academic success.
- **The Port Moresby International High School (POMIS)** which is situated in East Boroko. This is a school of some 700 students of more than 20 different nationalities and takes students from Year 7 through to Year 12. The school offers the PNG curriculum, the ACT school certificate, the International General Certificate of Secondary Education (IGCSE) and the International Baccalaureate in Years 11 and 12. Approximately 70% of the students are from PNG.

Many thousands of expatriate children have successfully completed primary and secondary education in PNG. There is an *Alumni* association for POMIS which has a web site giving an opportunity for people to stay in touch and find old school friends.

The transitory nature of expatriate lifestyle means that many young people have stayed for 2 or 3 years at an international school in PNG and made friends with children from different parts of the world. This experience can often be extremely rewarding and provide lasting memories.

Today, the majority of the student population at international schools is from PNG and this provides a rich diversity of cultures present within one school.

There are two annual events at POMIS which display this diversity: the UN Concert held in May each year and the Independence Day celebrations held in September. These events are a showcase of talent and pride in the different cultures at the school. The primary schools have similar events but on a much smaller scale. Murray School has a multi-cultural show to celebrate cultural diversity in addition to the Independence Day celebrations which all of the primary schools have each year.

The IEA produce information brochures and booklets about the international school system and also have a website at www.iea.ac.pg. The schools themselves are all accessible by email and basic information is contained on the IEA website though some of this may not be entirely up-to-date.

Some Advisers choose to send their children to boarding schools in their home country for upper secondary education. If you choose to do so there are a number of current advisers you can speak with who may be able to offer advice and support.

Resources and Services

Postal services

Post Offices are open from 9.00am to 5.00pm Monday to Friday and from 9.00am to 12 noon on Saturdays. The service is reasonably reliable and is fairly fast. An average letter to Australia takes 5-7 days from Port Moresby to most Australian cities. If you are posting from outside of Port Moresby then it may take much longer. An express (EMS) service is also available, with delivery to Australian cities in 24 hours. Post Offices are situated in town, on the corner of Cuthbertson Street and Champion Parade, at Kumul Avenue in Waigani and in the main central square at Boroko. Post office agencies are also at

Andersons Supermarket at Konedobu and at Boroko Foodworld at Gordons. We would recommend that you use the latter two, as they have more secure parking.

Postal Deliveries are made to Post Office boxes that can be rented out by companies and by individuals. You are welcome to have your mail delivered to the ASF office, P.O. Box 776, Port Moresby, National Capital District. You can collect your mail whenever you come into the office.

Alternatively, your overseas mail (letters only, no parcels although single magazines are OK) can be delivered or re-directed to the Adelaide Coffey ID office at Level 2, 70 Hindmarsh Square, Adelaide 5000, South Australia marked for the attention of 'ASF Port Moresby Office'. This mail will be courier mailed to Port Moresby on a weekly basis.

Please note that:

- Australia Post airmail will generally be quicker than the courier bag;
- Coffey ID cannot take any responsibility for any mail redirected this way, nor does it guarantee that mail will be forwarded;
- **No parcels can be sent via Coffey ID** because of problems with customs clearance and security declarations. Coffey ID has to describe and vouch for the contents. Please send parcels by ordinary air mail or private courier.
- The Coffey ID courier service is convenient for the Australia Post redirection service but you will have some delays in receiving mail. For regular bills you are advised to make arrangements with your bank for direct debit, Internet or Bill-Pay payments.

The Port Moresby ASF Office sends a courier mail bag to Adelaide each week, and your personal mail can be delivered to Adelaide for posting provided you make sure the address is clear and there is sufficient Australian postage on the item.

Courier services

DHL and TNT courier services are available in most centres.

Telephone services

The fixed land-line telephone service is provided by PNG Telikom. There are occasional breakdowns and in some cases the number of connections on each line is excessive, making access sometimes difficult, particularly at peak times.

There is a cellular phone network in PNG operating on a GSM Digital pre-paid system. There are two providers, B Mobile and Digicel. Digicel was launched in 2007 and has provided strong competition, predominantly through the offer of cheap mobile phones and call rates. It is still wise however to bring your current mobile with you as you may prefer not to purchase another phone and simply use a new SIM card when you arrive (Digicel SIM cards may not be compatible with other phones).

Text Messaging or SMS was introduced in March 2004 and has proved to be very popular. In June 2007, text messaging from PNG mobiles to certain Australian mobile providers was introduced. This appears to have had some success, however is still in the early stages.

E-mail and Internet

We find that E-Mail is the most efficient and cost effective way of communicating in PNG. You will be provided with your own dial-up E-mail and Internet account, as well as being networked into the agency system. These costs are met through your budget. You will more than likely also have an email connection at your place of work. Please note that PNG does not have broadband and you will find that the speed is very slow by overseas standards.

Radio, TV and Newspapers

There are two main radio stations broadcasting in English – the commercial NauFM music station located on 96.5FM and the Kalang Radio of the National Broadcasting Corporation on 100.7FM.

NauFM is aimed at 13-30 years olds and is primarily a pop music station.

Kalang Radio has a daily phone-in program which invites members of the public to call and discuss topics of interest with an invited studio panel or guest. It provides a useful insight into the way ordinary Papua New Guineans think about events which are happening in their communities. Kalang Radio also relays the news from Radio Australia.

The *BBC World Service* is available on 106.7 FM and reception is very good. Details about programming are available on the BBC's web site www.bbc.com.uk

Radio Australia is available on short-wave sets throughout the country (reception is variable) and via a FM relay service in Port Moresby, with very good reception.

Australian favourites such as AM and PM (and even Macca on Sundays) can be heard on this FM relay.

There is also *Radio Central* on 89.9FM which broadcasts in the Motu Language with news broadcast in English. Some cars which are imported from Japan can only receive this station as radio frequencies have a very narrow band in Japan.

There is one *local television station (EMTV)* which is owned by Australia's Channel 9. Cable and satellite broadcasts are available through two companies, Hitron and Channel 8. Your accommodation will usually include a Hitron connection. This will provide you with a number of channels including ABC, the Australian commercial channels broadcasting from Northern Territory, Western Australia and Queensland (so you can have the same programme showing at different times because of the time difference), as well as movie channels and broadcasts from Asia and the US. There are two levels of cable connection, the basic package and the extended package which includes additional channels similar to Foxtel in Australia. This would give you more sports and movie channels.

Television programmes are printed in the national newspapers as a supplement each Monday.

Hitron also runs its own *movie channel* showing new and 'classic' movies. First-run movies air on Hitron within a few weeks of opening in Australia. You may also purchase VCDs of recent movies in many retail outlets at prices ranging from K14–K18. DVD movies are available at around K22–K40. These are pirate copies of the movie and so the quality can vary enormously. Most have sub-titles in Chinese and Malay. However these inconveniences are balanced against the benefit of being able to see new release movies.

There are *two national daily English language newspapers*, and a weekly Tok Pisin newspaper, Wantok. The PNG Post Courier is owned by the News Corporation in Australia and is PNG's oldest newspaper, having started in 1969. The National is owned by Malaysian company, Rimbuhan Hijau, and was started in the early 1990s.

Both are available at many outlets around town and on the street in the mornings. Wantok is published by Word Publishing, a company owned jointly by the major churches and has been at the forefront of journalistic development in PNG since pre-Independence.

At the weekend, major Australian papers such as the Brisbane Courier-Mail and The Weekend Australian are available in the supermarkets. Magazines are widely available covering a wide range of sporting and hobby topics, as well as news and fashion magazines. Magazines tend to be expensive in Port Moresby (K30-40 on average), so you may like to consider organising subscriptions for your favourite publications. Please note that you must pay the overseas rate for subscriptions as Coffey ID is not able to forward magazines from Australia if you redirect them.

Utilities

Mains electricity for domestic consumers is 240volts AC, 50Hz. Power point fittings are the 3 pin Australian/New Zealand unfused type. The electricity supply is unreliable, even in Port Moresby and other major towns. Voltage variations and surges are commonplace and power cuts are frequent, particularly during periods of heavy rain. However, most apartments have back-up power generators so you will not experience any major inconvenience. It is advisable to connect major appliances through a surge protector (available readily in PNG stores).

Water in Port Moresby is safe for washing and cooking but is not always of reliable quality for drinking, especially if the water is from back-up tanks or rainwater storage is being fed into your residence's supply. Water should be at least filtered if not boiled if there is any doubt about the source of supply. Bottled water is widely available and there is also a spring water delivery service in Port Moresby. Small water filter kits are available at supermarkets and at Brian Bell department stores. Most apartments have a reliable back-up water supply as there are difficulties with the mains water pressure in the Town and Tuaguba Hill areas and the supply can be erratic at times.

Health issues

Your responsibility

Coffey ID takes no responsibility for providing advice on health issues as this is a matter between you and your doctor. Specialist travel advisory services are available in Australia to provide advice to General Practitioners on requirements for living overseas, including PNG. These requirements can change from time to time and so you should always seek the most recent advice before you depart.

Immunisation and prophylaxis

Before arriving in PNG you should arrange immunisation as advised by your doctor. This usually includes Hepatitis A and B, Typhoid and Tetanus. It is important that immunisation is kept up-to-date during the duration of your contract. You will have discussed malaria prophylaxis with your Doctor and made a decision on appropriate medication and risk levels.

Tropical strength insect repellent should be used in conjunction with any anti-malarial medication as the best prevention is generally to avoid being bitten. Port Moresby has a relatively dry climate and so the levels of mosquitoes are not high but they are present, particularly in wet season evenings.

The situation is very different if you travel outside of the capital. Malaria remains one of main causes of early deaths in PNG.

Medical and dental treatment

Major centres have doctors, dentists and both public and private hospitals. We recommend that you take the time to register with a doctor at the practice of your choice as soon as possible after arrival. This is so that you will be able to request after hours treatment should you require it. Most surgeries operate on an appointment basis which does help to cut down on waiting times. However, be aware that private practitioners in PNG are often seeing a much wider range of medical problems which sometimes cause unavoidable delays at the surgery. It is not unusual for a doctor to be arranging a medical evacuation, seeing a patient with chest pains or checking on an expectant mother who has just gone into labour!

Most surgeries require immediate payment following your appointment. A list of some doctors and dentists in Port Moresby is provided below. However, we suggest that you make your own enquires about practitioners who may suit your requirements. We cannot make any specific recommendations.

HIV/AIDS and related issues

The incidence of HIV/AIDS is very high in PNG. This has implications for any blood-related contact and any sexual activity. This means taking extreme care when:

- You are involved in any situation where there may be blood contamination, for example accidents, sports or fights;
- You are having medical tests which require the use of sterile needles;
- You give or need to receive blood (although the National Blood Bank is considered fine and all donated blood is tested for HIV);
- You engage in sexual activity with a new partner.
- As a responsible adult you should promote safe sex, through the use of condoms, at all times including any opportunity you may have through work-related training.
- The National AIDS Council is promoting an education campaign known as 'Know your ABC's'. This means:

A = Abstinence B = Be careful C = Use a condom

Individuals need to decide their own levels of risk and take the necessary precautions. At present the various health and education awareness campaigns are having little impact on the spread of the disease. Single expatriates are considered to be in a high risk category for HIV/AIDS –they are away from home, sometimes residing in hotels or living alone. They have available cash and so are perceived as wealthy and are highly visible. Single expatriate men have, in the past, been offered sexual favours either for payment or 'gratis'. You should be aware that these encounters can create other problems apart from HIV/AIDS. What you may treat as a fairly innocent encounter in Australia can be viewed quite differently in the cultural context of PNG.

Travel

Flights to and from PNG

There are international flights from Port Moresby to Australia everyday. There are also regular flights to and from Singapore, Tokyo and Manila. Two airlines operate to and from PNG - Air Niugini in a code share arrangement with Qantas and Airlines PNG.

Travel within PNG

As there are no road links between Port Moresby and the other major centres, the most common means of travel is by air. The major airlines are Air Niugini & Airlines PNG but there are other airlines that also operate flights to many locations.

Domestic air travel

In the event of domestic travel you should confirm bookings the day before flight departure. Be aware that domestic flights can sometimes depart up to an hour prior to the scheduled departure time. There will most often be standby passengers waiting and so your seat will not be guaranteed if you are late checking in. Flight delays or cancellations are common, particularly at peak periods such as Christmas, Easter and long weekends. To avoid misdirection of luggage when going on a short trip it is advisable to limit baggage to carry on hand luggage if at all possible. The baggage allowance for domestic travel is 15kgs.

Air travel in PNG is a necessity if you want to see anything of the country but it does carry some risk. Many of the smaller airstrips in remote locations are now closed due to lack of maintenance and the ones remained are often maintained by the Missions. Smaller airlines such as Airlines PNG and Nationair operate sizeable fleets which fly to provincial capitals as well as the smaller air-strips. Most small air-strips will be grass covered.

Travel by helicopter is more and more common particularly if the travel is work related because of the time saved. This is particularly so in the Highlands where the roads have deteriorated so much.

Travel by boat

Boat travel also carries a high degree of risk. You should be aware that boat travel will often be by small 23-34 foot 'banana boats' (dinghies) with a 40hp outboard motor. The seas can be very rough and engine breakdown is quite common.

Before embarking on a boat journey you would be advised to purchase extra fuel to make sure there is sufficient. Generally, the maritime provinces have skilled boatmen who are well used to travelling in poor weather conditions. However, you should be aware that people may be prepared to take risks they would not usually take in order to not let you down. Always travel with someone you can trust to give you impartial advice about weather conditions. Learn to 'read' body language and be prepared to err on the side of caution.

Think twice if you are not a strong swimmer and if you are going to be travelling by boat on a regular basis then consider buying a life jacket.

Travel by motor vehicle

As an ASF adviser you will be provided with a second-hand sedan by Coffey ID, within a few days of arrival. Please note that we do not provide 4WD vehicles. Vehicles are fully maintained and insured. You will be given a monthly fuel allowance of AUD100 to cover work usage.

Some advisers, especially with families, purchase a second vehicle to make life easier. However, your partner is entitled to use the Coffey ID vehicle and it is often feasible to have your partner drop you at work and have use of the car during the day. Advisers pay a contribution of AUD250 towards this vehicle. It is not compulsory to accept this vehicle – occasionally an adviser prefers to purchase their own vehicle, in which case the AUD250 is not deducted.

Advisers are discouraged from driving outside the city limits, for both security reasons and because roads are generally in poor condition.

Holidaying in PNG

There is no doubt that PNG is a beautiful country with many spectacular sights and sounds. Many ASF Advisers do take weekend breaks or holidays in PNG to places such as Madang, Rabaul and Kavieng. These places have good quality hotels and are relatively safe providing appropriate precautions are taken. The cost of domestic travel and accommodation for holidays can vary, and while some consider it expensive, it is worth comparing it to what you would spend for a weekend away in Australia as there are many opportunities to experience a PNG that is quite different to Port Moresby.

Most people take the opportunity to travel around the country and there are organised 'tours' to help you. Travel agents, and Air Niugini, can put together a package of hotel, transfers, tours and accommodation at all the main tourist destinations. There are new resorts opening in a number of locations and the tourism industry, while still in its infancy, is growing all the time. There are special air fare deals such as the 'weekender' which is half price for travel on a Friday returning on a Monday. There is also a half price 'wantok' fare if you stay for 7 days. There is also an increasing number of special interest activities such as diving and surfing which is growing in popularity. Popular destinations are Milne Bay, Tufi, East and West New Britain, Madang and the Highlands.

Insurance cover

On appointment ASF Advisers will be given a copy of the appropriate *Coffey International Insurance Manual* and if you have any queries then you should direct them to the ASF Office in Port Moresby. You are covered for medical and dental treatment, evacuation and/or emergency medical evacuation and repatriation cover as well as personal liability. You should make sure that you read the Manual carefully and particularly note the following:

- If you return to Australia for up to 2 months in any one year – either for personal or medical repatriation reasons – you will be eligible for full private health cover. However, after 2 months, Medicare or your own private health insurance will cover you;
- If you do not have family in Australia then you may wish to suspend your current private health insurance until you return;
- This cover qualifies as private insurance cover for the purpose of having continuous private health insurance in Australia. See the Insurance Manual for further details;
- This insurance does not cover HIV infection or AIDS related illnesses, cosmetic surgery, professional sports injuries, stress-related illness, sterilization or its reversal or infertility treatment;
- Hazardous sports are included as an exemption so you should be aware of this if you are thinking of taking up any challenging activity while you are in PNG. Mountaineering, skydiving, pot-holing, hunting or 'deliberate exposure to exceptional danger' are specifically mentioned in the policy document. Scuba-diving is covered as long as safety standards are met and it is recreational rather than professional in nature.

Shopping

Supermarkets

There are four major supermarket companies in Port Moresby.

Andersons have stores at Harbour City near to the Yacht Club and at Koki. Harbour city is the location of the post office at Konedobu. It also has a Chemcare Pharmacy and a bakery. There is also a fresh flower shop selling a range of exotic blooms and a collection point for dry cleaning. There is also a small café, a Japanese restaurant, a travel agent and a beauty parlour on the same site.

Boroko Foodworld has a large store at Gordons, situated at the end of the Poreporena Freeway. It also has a post office, a pharmacy and a bakery. Foodworld also has a coffee shop which is a popular meeting place for light lunches, at the weekend, and a useful refreshing stop before or after shopping.

Stop 'n Shop is owned by the Steamships Company and has several locations around Port Moresby and elsewhere in the country. All supermarkets with their own bakeries sell lunchtime snacks of pies and sandwiches. You should seek local advice as to whether it is safe to visit a Stop 'n Shop depending on its location.

Finally, **R. H. Hypermarket** at Gordons which is owned by Rimbunjan Hijau. This is a large complex which also has a number of variety stores, a branch of Trends Hair Salon where they have massage, a shoe shop, boutique, children's store, travel agent, stationery store, pharmacy and a couple of electrical stores. There is also the Grand Palace Restaurant, a large Chinese restaurant which does a popular DimSum at the weekends.

The large TST chain of stores are in a number of locations around town. It is generally not recommended that you go to these stores unless you are in a group or accompanied by a Papua New Guinean.

Most common grocery items can be found in Port Moresby though most items are imported and so prices do reflect this. There are sometimes localised shortages and an oft-heard cry is 'buy when you see it'. Of course, it could be argued that localised shortages are caused by expatriates hoarding store goods! Fruit and vegetables are readily available in the major supermarkets, including an impressive selection of imported varieties. Items which can be grown close to Port Moresby are in regular supply and of reasonable quality but European vegetables grown in the Highlands are extremely variable in supply and in quality.

There are markets where you can buy locally produced fresh produce but it is not advisable to shop at these locations. If you do choose to shop at a market then we suggest that you always go with a local person who will advise you on local customs and only take small amounts of cash with you. Do not

carry a bag or take out a wallet at a market. Very few expatriates shop at markets and so you will be the object of attention. You should proceed with extreme caution and take local advice from other expatriates and from your PNG colleagues.

Chinese stores

There are a wide range of Chinese-owned variety stores which sell clothes, shoes, bags and sundry other goods. The easiest place to experience these stores is at the Steamships Plaza in downtown Port Moresby. There are also a couple in the Brian Bell Plaza. The stores carry ranges of 'seconds' of well known brands from their Asian factories and also copies of designer labels. It is generally safe to visit these stores but observe the basic rules and preferably do not go alone. Some advice is to:

- Be confident in your approach;
- Never openly display wealth;
- Never open a wallet with lots of cash in it;
- Carry your bag or purse close to your body and hold on tight to the strap. Ideally wrap the strap around your wrist or do not carry a bag at all.
- Most pick-pocketing and snatch thefts are opportunistic and if you leave yourself open then you will be a target.

Buying clothes in Papua New Guinea

Clothing can be purchased locally but most is imported and therefore fairly expensive and limited in choice. It is therefore advisable to bring a good supply of light, easy-to wear clothing with you. Dress is generally more casual than in Australian work-places but in some air conditioned PNG work-places, ties are worn by men. There are fabric and tailoring outlets in Port Moresby.

Second Hand Clothing stores are in various locations around town. Some are in better locations than others and some are more welcoming to expatriates than others. It is always best to ask advice and never go alone. Things can change and areas which were previously considered safe can become less so and vice versa. Generally speaking, the tidier the premises and the more 'shop-like' then the more likely that you will be safe. You should always avoid shopping here on a Thursday and Friday, particularly on the government pay week.

Some popular stores among expatriates are:

- Second Time Around who have three stores in town, Waigani and Garden City and who occasionally take a ballroom at the Crowne Plaza Hotel to sell their goods;
- Mondo's at Konedobu, opposite the Aviat Club and at Waigani near to the Bank of South Pacific. The Waigani store is air-conditioned;
- Anne's Clothing Store in Burns House in town is also air-conditioned and conveniently located in Champion Parade.

Pharmacies

There are a number of pharmacies, and most are reasonably well-stocked. The major chains are Johnson's, City Pharmacy and Chemcare. All the major supermarkets have one of the pharmacy chains inside the store. All would have a pharmacist on duty who is able to give advice about brand names and products.

All the pharmacies stock the most commonly needed medications. Any specially required medication can be brought in to order (through your doctor) or a different proprietary brand can be suggested. If you are taking any regular medication then make sure that you fully understand the brand name, the name of the main ingredient and the dosage. If necessary get a 'repeat prescription' from your Doctor in Australia so that you have the information easily available.

Pharmacies also stock commonly used brands of shampoo, soap, toothpaste, moisturisers and facial skin care products but there will be much less choice than you would be used to in Australia.

There are also a number of hair salons who sell a range of hair and beauty products. Much of this is aimed at the PNG market but occasionally they do carry stocks of products suitable for European skin-tones.

Household goods & gifts

There are only a few places where you can buy quality household goods.

The main supplier is *Brian Bell Company Ltd* who also supply all major electrical appliances, TVs, DVDs and stereos. The Brian Bell Home Centre at Gordons is the main store and was upgraded in 2007, much to the delight of many Port Moresby residents. They have a wide range of house wares, gift lines, bed linen, towels, appliances, furniture, white goods, sewing supplies and sports and leisure equipment. Secure car parking is available within the complex.

PNG Gardener has a plant nursery in the grounds of this store selling large pot plants, orchids and a variety of earthenware patio pots.

Just across the road is *Décor*, the only major gift and home ware store in town which sells a wide range of decorative items for the home as well as personal gift items.

In the *Brian Bell Plaza* at Boroko there is a similar but more limited range of goods, a PNG Gardener flower shop as well as Kara Jewellers, one of the major retail outlets for PNG gold and silver jewellery.

There is a gift store called The Gallery at Gordons in the industrial estate behind SP Brewery. There is also a branch at Airways Hotel. They sell quality PNG crafts such as pottery and carvings as well as jewellery and some imported items.

It is possible to buy a range of quality PNG made furniture. There are a number of manufacturers including Pryde Furniture, Craftsmen Furniture and Lae Builders. The furniture is manufactured from PNG hardwoods such as rosewood and kwila and some have beautiful carvings incorporated into the design of the piece.

Electrical goods, cameras and film

A wide range of electrical goods are available at various stores in Port Moresby. Although most expatriates shop at Brian Bell, either in Boroko or at the Home centre, there are a number of other stores. Chin H Meen has a store called Centrepoint in Boroko and they stock a large range of home entertainment products and a wide range of Pacific Island and PNG music. Chin H Meen is one of two major recording studios in the country.

Film processing is available at most pharmacies. Digital processing has recently started at a number of centres. Prints can be taken from the digital camera flash card and also images can be downloaded onto discs. Rapid Print in Champion Parade in town was the first store to offer digital processing but Chin H Meen also offers the facility at their outlet at Boroko Foodworld.

The Foto Centre in Spring Garden Road also does reasonable quality framing.

PNG artefacts and gifts

You will come across individuals selling artefacts on the street as well as at the more formal craft markets. The quality is variable and as a general rule, of course, the goods are cheaper as they get closer to their place of origin. However, craft and artefacts in PNG still represent good value as everything is hand-made and is an individual piece of art. There are different styles from the various different parts of the country. The main styles are:

Sepik carvings – mostly representing ancestral figures and usually associated with the spirit houses in the village. Many contemporary carvings in Port Moresby are not particularly good examples of Sepik art. For a wide range of quality pieces go to PNG

Art on the Poreporena Freeway at Gordons. This will give you an excellent overview of the different types of carvings which are available. The cruise ship, the Melanesian Discoverer which is based in Madang, does advertise standby fares for PNG residents on their 5 and 7 day Sepik Tours.

Baskets and Trays originally from the Ialibu region of the Southern Highlands but they are now produced in most of the Highlands provinces. They are commonly known as 'Highland baskets' or 'Mendi baskets'. They are fine quality and extremely hard wearing. The product range now extends from small coasters through to large laundry baskets and represents good value for money.

Carvings from the Trobriand Islands are now commonly available in Port Moresby. They are very intricately carved, often with in-laid mother of pearl and of very fine quality. Traditionally they are carved from ebony but the stocks of ebony are diminishing. There are bowls, walking sticks and figurines usually representing things to do with the sea (shells, fish, dolphins, etc.) as well as their well known yam-houses which are particular to the Trobriand Islands. These carvings are of a fine quality and represent a unique piece of art.

Bilums are made all over PNG and in a variety of different styles, colours and patterns. Traditionally, bilums are made of a rope twine made from the bark of a tree. The colour patterns would be made from traditional plant dyes and sometimes these would not be water resistant. They are commonly terracotta or pink colours. The word 'bilum' means 'string bag' in Tok Pisin. The brightly coloured bags which are made from wool are a more modern derivation as they are much quicker to make. They are not, however, as strong as the rope ones. If you have cause to visit a village, a project, or any official or semi-official function it is likely that you will be given a bilum as a gift.

Shells and shell jewellery

Many different types of shells are available for sale and many pretty items are made from shells and sold at craft markets. Some of the craft workers will make to order if you get to know them.

Be aware that some items are made from turtle shell which is a protected species in many parts of the world.

Kina and Toea shell jewellery and traditional 'bilas' are available at the markets and some of these items are expensive which reflect the traditional value of the item. For example, Tolai shell money and Kina shell body decoration from the Highlands, both of which are very valuable.

Also be aware that Australian Customs are very tough on what you take back to Australia. Most of the shell goods will get through but you must declare them and allow them to be inspected and possibly sprayed. Some of the seeds used in bracelets and necklaces are prohibitive imports.

Any item bearing feathers of any kind is likely to be a concern to Customs due to the Asian Bird Flu epidemic and will most likely be confiscated or have the feathers removed (often to the detriment of the piece).

Tapa cloth and other items

Tapa cloth comes from the Oro (formerly Northern) Province of PNG. This is bark cloth which is traditionally worn as a cape. The cloth is beaten and stretched and then decorated with terracotta coloured plant dyes in traditional patterns. There are many things which are particular to PNG such as shields, spears and bows and arrows. Rugs are woven in the Bena Bena area of Eastern Highlands and sand paintings are crafted in the Enga Province.

The Ela Beach Craft Market

This is a very large market held on the last Saturday of the month at the site of what used to be the Ela Beach primary School. Parking is in the car park (if you are early) or along the beach. It is reasonably safe though there are a number of youngsters who try to make a little cash by 'looking after' your car. Be generous – it is a great chance for them to earn a bit of much needed cash. At the market there are up to 200 sellers of craft, artefacts and paintings. Usually there is a traditional dance group from one

part of the country. This is a wonderful opportunity to see traditional dancing in Port Moresby. It is a lovely location to 'stroll' around and meet people and it is a very 'social' event. It is also a good place to pick up fresh herbs, plants and flowers.

The Port Moresby Grammar School Market

This market takes place on the second Saturday of the month, in the grounds of the Port Moresby Grammar School at Bava Street, in East Boroko. This is a much smaller market as it only began in 2004 but it has the potential to grow into an event to equal Ela Beach's market.

The location is safe with good parking inside the perimeter fence. The school children will wash your car for a few kina while you shop. All funds raised go towards the school. There is also a food bar which sells fresh scones and real PNG coffee!

At the moment there are about 50-60 sellers. The organisers are trying to encourage vegetable growers to come in and sell their produce and are also in talks with the Port Moresby City Mission farm on the outskirts of Port Moresby to see if they can provide a regular supply of fresh vegetables to sell.

Taking artefacts back to Australia

Most artefacts will require a fumigation certificate to allow them back into Australia. All of the removal companies can arrange for this fumigation and certification to be done as part of their packing service. If you collect large pieces of art while you are here then it is best to have them professionally packed when you are returning home. Many of the Sepik figures and other carvings are quite fragile as the wood dries out and can become brittle.

Others

At the Holiday Inn, there are a number of painters who sell their wares outside the perimeter fence of the hotel. There are also a couple of the basket sellers who are normally there every day. A number of painters have also set up opposite the entrance to Airways Hotel.

Restaurants in Port Moresby

There are some very good restaurants in Port Moresby. There are Chinese, Japanese, Korean, Greek and Thai restaurants as well as some with a more general western menu. Restaurant prices compare very favourably with Australia. Wines are more expensive with a restricted range (but are still affordable).

As follows is a list of some of the very good restaurants in Port Moresby:

Airways Hotel, situated at the airport. Ph: 3245200 - Open air poolside with a la carte and buffet.

Deli KC's, part of the Airways complex it is a popular spot for good coffee, fresh sandwiches, salads, a range of cakes and other gourmet items not found in the supermarkets. They also run a specialty Italian menu most nights of the week.

Bacchus restaurant situated at the Airways Hotel. Ph: 3245341 - Fine dining and good service. Occasional cabaret and special occasion gourmet dinners.

Asia Aromas serves fine Thai and Chinese cuisine, open for lunch and dinner - Monday-Saturday and Sunday lunch. Take away is available. Located at Steamships Plaza, Champion Parade, Downtown. Ph: 321 4780

The Cellar Restaurant at the Shady Rest Hotel, opposite the Port Moresby General Hospital. Ph: 323 4000. - Good bar and restaurant/steakhouse. Good steaks, Indian cuisine and seafood.

Also a *Tapas Bar* located upstairs. Modern décor, cocktails and 'tapas' snacks. Good ambiance.

Crowne Plaza Coffee Shop At the Crowne Plaza Hotel. Ph: 321 2266. - Good for casual dining, breakfast, brunch, buffet lunch or afternoon tea.

Daikoku Japanese Restaurant 1st Floor Andersons Foodland, Harbour City .Japanese Steakhouse, tepanaki style. Private dining rooms and take-away.

Ela Beach Brasserie located at the Ela Beach Hotel, overlooking the sea. A good menu with pasta, pizza, salads and steaks. Seafood also available. Very popular at both lunch and dinner.

Fu Gui Village Restaurant Commercial estate at Gordons Ph: 323 0188 - Chinese cuisine. Open 7 days for lunch and dinner. Take Away available.

Grand Palace Restaurant Level 1 R.H. Trading, Kennedy Road, Gordons Ph: 311 2826 - Chinese/Malay cuisine. Open for lunch and dinner. Popular weekend DimSum.

Ichizen Level 1 Steamships Plaza, Champion Parade, Downtown. Ph: 320 3000. – Good quality Japanese cuisine. Tepanyaki tables in private rooms.

Jepellos Waigani Drive close to the Holiday Inn, Port Moresby's first Italian restaurant offering a wide selection of pasta, pizzas and main meals. Open for lunch and dinner Monday – Saturday.

Palazzo Part of the Lamana Hotel complex in Waigani, offering a buffet style lunch including the choice of a range of mains, and an a la carte menu for dinner. Clean, modern décor and a popular spot for lunch with work colleagues.

Rapala Restaurant at the Crowne Plaza Hotel. - Fine dining. Piano in the bar. Lunch and Dinner Mon-Fri Dinner only at weekend. Buffet lunches available in the coffee shop.

Roundhouse Okari Street, Boroko Ph: 325 8899 - Good Chinese cuisine. Eat in or take away. Mon-Sun 10.30-1400 and 17.30-2200

Rick Shaw's Restaurant Downtown, opposite the Westpac Bank. - Open 7 days for lunch and dinner. Catering and take away available.

Seoul House off the Hubert Murray Highway at 5 mile, Boroko. Ph: 325 2231. – Korean Restaurant. BBQ Korean Food cooked at the table. A Japanese menu is also available. Private rooms. Safe parking inside the compound.

Weigh Inn, Poreporena Freeway Ph: 321 7777 - Roast lunches and steak and kidney pie. Meals served also in the evening

Yacht Club - Good family dining. Buffet lunches, weekend brunches, happy hour etc. Balcony overlooking the marina. A La Carte menu and Pizza is available.

Recreational Activities in PNG

The details in this chapter are mainly of interest to non-working female partners although a number of the clubs welcome male members. There are a wide range of activities in town and a number of specialist clubs who are always looking for new members so you will be assured of a very warm welcome. Most clubs take a break from early December through to early February each year. Membership varies according to the transient nature of the expatriate population. Some of the main activities in the daytime are:

The All Nations Women's Group

This meets at the Holiday Inn on the first Tuesday of each month from 9.30am – 11.30am. There is usually a speaker or a 'theme' for the morning. It is an informal gathering of women from many countries, including PNG, and an opportunity to chat over coffee and meet new people. It is K20 to be a member and each month it costs K8 for members. There is also a Christmas lunch and a Bazaar in November.

The Craft Group

This meets every Friday at Ela Beach Towers on the third floor (Poolside). There is a wide variety of crafts, skills and interests. Some just go along for coffee and a chat! It costs K2 per month for the coffee/tea and members take it in turn to take a plate to share for morning tea.

Aqua Aerobics

In the pool at the Aviat Club at 10 am on Monday, Wednesday and Friday. Coffee is an available extra and cost for the class is K2 per session.

Aerobics classes

There are also **Aerobics** classes held at the Holiday Inn Sports centre and at the Aviat Club on a daily basis usually in the morning.

Other sports

Other sports are available at the Holiday Inn and at the Aviat Club, such as **Squash and Tennis**. Both these venues are membership clubs.

Jazz Ballet

At the Kone squash courts at the Australian High Commission compound at 6pm every Monday. The cost is K10 per class and no previous experience is necessary. Contact Kirsty Hilson on email kirstyhilson@yahoo.com.au.

The Kiwi Club

Meetings and activities dependent on current membership. There is an annual Ball which is one of the 'high spots' of the calendar. Contact Julie Hartshorn on 325 7611.

Helping Hands

This has been around in Port Moresby for 20 years. They are a group of women who have assisted with a number of projects which are directed at women and child health. They aim to fill a gap and provide small-scale practical assistance which can make a difference. There are a number of 'jobs' requiring anything from 1-2 hours to 1-2 days and would require your own transport. Some people help with the collection of foodstuffs for donation to Cheshire Home and the Port Moresby Hospital; there is support of girls' sewing at the Hohola Youth Development Centre; there is an active team who support the neo-natal unit at Port Moresby Hospital by linking with 'knitters' both here and in Australia to provide warm clothing for premature babies. Much of this work is extremely rewarding. Contact Paula Davidson on email davos5@daltron.com.pg or Bronwyn Read on bronwynread@bigpond.com.au.

STOPAIDS PNG

This a project of the Anglican Church in PNG. It provides counselling, advice and resources as well as providing education and awareness raising in schools, church groups and women's organizations. For further information contact Kay Nicoll or Jeanette Southwell.

Other groups

Some groups who rely on voluntary activity have their meetings during the daytime or at lunchtime. For example, the **Friends of the Disabled Association** who fundraise to support scholarships for disabled people throughout the country. **The Friends of the National Library** meet on monthly at the Library and support the development of Library services and assist with the annual Book Fair .

The Professional and Business Women's Association meet on a Saturday lunchtime as most of their members are working. This group supports high school scholarships for bright young women throughout the country.

Other groups which welcome male and female members and those which meet in the evenings or weekends are:

- The usual number of service clubs such as **Inner Wheel, Lions, Rotary**, etc. who are extremely active in support of community projects.
- Many 'interest' groups who have small voluntary committees These have working members and so meetings are sometimes in the evening or on Saturdays but can vary with the membership at any time. There is the **RSPCA, the Bird Society, the Orchid Society**, and the **Bush Walking Club**, a **Bridge Club** which meets in the mornings on Wednesday & Friday, a group of **Canasta** enthusiasts, **Alliance Française** for those wishing to improve their language skills and anyone interested in learning the art of Scrap-booking can contact Heather Guimand through the Aussie Wantoks group.
- Lastly, there is an active membership of singers and actors who always need new voices – particularly men!

The Port Moresby Theatre Group

Based at Waigani Arts Centre, MATS has a monthly club night on the first Thursday of the month. Details are regularly posted in the national press. They have regular productions of both short one-act plays (often put on at the Club night) and more ambitious productions which run for several nights, 4 or 5 times a year. This usually includes one musical production. There are always jobs for non-actors such as back stage work, front of house, publicity and design. The theatre is one of the oldest membership societies in town and has a rich history of productions from Shakespeare to Pantomime! There is a new programme for 2005 which is aiming to develop the activities at the Arts Centre. **Moresby Movie Theatre** is a 5 metre cinema screen which shows movies on Saturday afternoon and occasionally for special functions. The program is advertised in the newspaper each week and is aimed at family entertainment. There is a pleasant garden area and the home of the **PNG Potters Society** is also situated there.

The Port Moresby Choral Society

PCS meet each Monday evening at the Murray International School hall at 6.30pm. They have an active membership under the direction of Dr John Vince. They do work closely with the Theatre Group and sometimes perform at joint social evenings. They have performed at St John's Cathedral in town and recent performances have included madrigals and carols at Christmas.

Contact persons change

It is not always possible to keep an accurate list of contact persons because people do move on, they 'go finish' and they change their interests. The best starting point is through one of the 'umbrella' groups like the All Nations Women's Group and Aussie Wantoks. There you will always find someone who knows who current contacts are and maybe other new things which spring up. Most of these activities are dependent on the skills and interests of current residents in Port Moresby and can change or even disappear if there is insufficient interest.

Sports Clubs

There are several **Sports Clubs** which offer family activities and a varied programme. All of these clubs are membership clubs requiring a nomination form, a registration fee and an annual membership fee. You will be given the opportunity to visit some of the clubs during your induction.

The ever popular **Royal Papua Yacht Club** has a large restaurant and bar area. You do not have to sail to enjoy the facilities of the Yacht Club. There is a Gym and a popular walking track around the marina. Within the club there is a Game Fishing club, the Port Moresby Sub-Aqua Club, Canoeing, Hobie Cat Club and PeeWee sailing for children.

The **Aviat Sports and Social Club** is situated at Konedobu, not far from the AHC Compound. There is a large swimming pool, a gym, tennis and squash courts. There is a small playground for toddlers. There is a restaurant attached. Aviat does bar lunches and snacks in the garden bar. There are family oriented activities such as Friday night Movie night, quizzes and Sunday afternoon BBQ.

The **Port Moresby Golf Club**, situated behind the Parliament House, is an 18 hole course of par 72 for men and par 73 for women. There is a practice range, a chipping range, putting green, Pro Shop and a club house. There is a major weekly competition for both men and women on Saturdays and a mid-week competition on Thursdays for women members.

Squash competition is played at the **Aviat** and at the **Holiday Inn** and the **Boroko Squash Club** at Taurama. **The Hash House Harriers (HHH)** have two groups. The **Boroko Hash** is a family oriented group of all ages and all nationalities and is designed for all levels of fitness. They meet at 1715 each Monday from the location of the person who is hosting and setting the run. There are different levels such as walk, walk/run and running. All take an hour and meet up afterwards for a meeting and a light supper.

The POM Hash is an all male group and also meets Mondays at 1530. They do a 5-6 kms run followed by the traditional Hash circle. The run departs from a different location each week.

Port Moresby Road Runners meet on Saturday afternoons at 1600. The location of each week's run is published in the Post Courier. The members range from juniors to veterans and the runs are graduated from 3kms to longer distances. All levels are catered for.

The Holiday Inn Sports Complex offers memberships to non-residents of the Hotel and offers squash, tennis, a gym and use of the pool.

Churches in PNG

The main Churches where there will be an expatriate community are:

St John's Anglican Cathedral

Mary Street
Port Moresby
(Situated at the back of the Crowne Plaza Hotel)

St Mary's Catholic Cathedral

Musgrave Street
Port Moresby
St Martin's Anglican Church
Boroko Drive,
Boroko
(Close to the 5 mile roundabout)

St Joseph's Catholic Boroko Drive

Boroko
(attached to the St Joseph's International Primary School)
The Reverend Sioni Kami Memorial Church (United Church)
Boroko Drive