

## ***Papua New Guinea***



*Papua New Guinea officially the Independent State of Papua New Guinea, is a country in Oceania that comprises the eastern half of the island in New Guinea and its offshore islands in Melanesia. Its capital is located along its southeastern coast, is Port Moresby. It is the world's third largest island country with an area of 462,840 km<sup>2</sup> (178,700 sq mi).*

*Papua New Guinea is one of the most culturally diverse countries in the world. As of 2019, it is also the most rural, as only 13.25% of its people live in urban centres. There are 851 known languages in the country, of which 11 now have no known speakers. Most of the population of more than 8,000,000 people live in customary communities, which are as diverse as the languages. The country is one of the world's least explored, culturally and geographically. It's known to have numerous groups of uncontacted peoples, and researchers believe there are many undiscovered species of plants and animals in the interior.*



*Papua New Guinea is one of the world's least studied countries, both culturally and physically, due to its remote location and isolation. This means that its cultural life and customs have been allowed to flourish for millennia without being corrupted by foreign influences. And, with an estimated 750 tribes residing here, it has more than simply well-preserved culture; it has a wonderful richness of it, with hundreds of varied tribal traditions and rites that are both very local and completely unique.*

## ***Some of the Cultures In Papua New Guinea:***

### ***Asaro “Mudmen”***

*The men of the Asaro tribe are known as 'Mudmen,' because they cover themselves in mud and wear ghastly clay masks studded with pigs' teeth and shells. The mud and mask combination made the men look like spirits or ghosts, which terrified their enemies and gave the Asaro a fearsome advantage. There are various origin myths surrounding this tradition, but they all center on the mud and mask combination making the men look like spirits or ghosts, which terrified their enemies and gave the Asaro a fearsome advantage. The Asaro people started the mud mask practice, but numerous tribes in the Eastern Highlands have recently copied it for commercial gain.*

### ***Baining Fire Dance***

*The Fire Dance is a rite of passage performed by adolescent male members of the Baining tribe of New Britain. They compete wearing massive headdresses, shaped like animals' heads, and run through and kick the fire, sending up showers of sparks, accompanied by chanting and singing from village elders.*

### ***Goroka Show***

*In September, Goroka, the capital of the Eastern Highlands Province, hosts the longest-running tribal gathering and cultural event in Papua New Guinea. It's an annual event started in the 1950s by Australian patrol officers with the goal of bringing isolated and traditionally feuding tribes together in a peaceful setting. More than a hundred tribes are now taking part, putting on shows of singing – traditional songs, dances, and ritual performances – and donning amazing and colorful ethnic garb.*

## ***Papua New Guinea Cuisine***



*The cuisine of Papua New Guinea are the traditional varied foods found in the eastern part of the New Guinea island. Approximately 80% of the population is reliant on subsistence agriculture, so a large percentage of food energy and protein consumed in Papua New Guinea is produced locally, while the balance is imported. The staple foods in Papua New Guinea include root crops, bananas, and sago. Papua New Guinea's diet is largely vegetarian, especially in the Gulf and Highlands regions.*

*Mumu is a traditional method of cooking large quantities of food throughout Papua New Guinea, as well as other islands in the Pacific. It consists of an earth oven that is filled with hot coal or stones, that may be placed in different orientations, and subsequently cooked for a lengthy period of time. Despite the presence of advent ovens in Papua New Guinea, mumu is still prevalent at household level.*

*Along with other islands in the western Pacific, kava is usually made into a drink by mixing the root of the crop with water. It is a popular and non-alcoholic beverage. Coffee is Papua New Guinea's second largest agricultural export, after oil palm, and is majorly grown in the Highlands Region. Hence, coffee is a widely consumed beverage in the country. Apart from non-alcoholic drinks, beer is an alcoholic beverage that is favored among many Papua New Guineans.*

*Sago is a common and essential part of Papua New Guinean cuisine, as the starch ingredient is included in several traditional dishes, such as pancakes and pudding. Sago is in the form of flour usually extracted from the palm tree. Staples of the Papua New Guinean diet include karuka, sweet potato (kaukau), cassava, breadfruit (ulu), and coconuts. Coconut cream is a delicacy often found in numerous local dishes of Papua New Guinea. Coastal regions traditionally use coconut milk and cream as a cooking medium, while the Highlands regions do not. Coconut oil is used on special occasions in the coastal regions.*



*The European invasion of Papua New Guinea, beginning in the 16th century, was the first foreign introduction to the local cuisine. European settlers imported livestock and crops to the region in the 19th century, which served significant commercial value. The cuisine and traditions of Papua New Guinea have assimilated with Indonesian New Guinea and other Pacific nations. The dish kokoda—composed of fish cooked in a sauce of lime and coconut—is also present in Fijian cuisine.*

### ***Some of the Tourist Spots In Papua New Guinea***



*Sivoli River*

*Has seaweed ever looked this good? The vibrant hues of the Sivoli River in New Britain make this a unique body of water. Its green foliage on the riverside stands out against the blue while the flow of the seaweed is clearly visible in the waters.*



*Tavurur*

*It's one thing to view volcanoes which no longer smoke, it's another to know the land is truly alive beneath your feet and see Mother Earth in her most dramatic state. Tavurur is one of Papua New Guinea's most famous active volcanoes in the Rabaul caldera. One of the most devastating eruptions was in 1994, nearly destroying all of Rabaul. The most recent eruption occurred in 2014.*





*Mt. Wilhelm*

*Mt. Wilhelm is the most spectacular peak in Papua New Guinea. In fact it's the tallest mountain not only in the country but in all of Oceania, rising to 14,793 feet (4509 metres). A challenging trek, it is recommended for experienced hikers only, with a guide recommended at all times.*



*The Eastern Fields*

*The Eastern Fields and Coral Sea are prime scuba diving spots in Papua New Guinea. The waters are brimming with life including mantas sharks and turtles. The ecosystem is healthy and thriving, reminding visitors of what an ocean largely left alone can look like.*

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