

KOMPIAM PLACEMENT



WHAT TO BRING

A P P A R E L G U I D E L I N E S F O R K O M P I A M

Culturally there are some differences between what is considered “acceptable” clothing in the west, and what is O.K. here. Please show respect for local feelings on these issues by following the guidelines outlined for us by local people.

CLOTHES

RECOMMENDED

- Tshirts (sleeveless, long or short-sleeve) or singlets
Note: they that all tops should cover torso to minimum hip length & with neckline high enough to cover tops of breast completely i.e. no plunging necklines & sleeveless tops should fit well around armpits that bra/breast are not visible from sides
- Shorts & skirts that are at minimum, knee length
- Trousers/jeans
- Jumper, cardigan or sweater – can get chilly & light waterproof rain jacket for patrol
- Board shorts (with singlet for females) for swimming should occasion arise

SHOES

Always bring at least 2 pairs to alternate.

- If you are wanting to patrol then sturdy boots is your best “main shoe”. PNG is very muddy in the wet season so we are always taking shoes on and off. Lace ups can be a pain – elastic sided boots like “Red backs” are ideal but need to be worn in before you come.
- Thongs/Clogs/Crocs/Sandals – good alternate to when sneakers wet or weather is warm

DON'TS

- No offensive, obscene, vulgar, racist or derogatory printed clothing including caps & bags
- No tops or shorts/skirts/trousers that are see through
- No bikini or midrift tops
- No tights/lycra/leggings unless worn under baggy skirt or shorts

OTHER ESSENTIALS

- Mosquito repellent
- Sunscreen
- Good torch
- Pens & notepad
- Stethoscope and pen torch
- Water Bottle
- Small/medium backpack for patrols/hikes

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WHAT TO BRING

MONEY

- K1500.00 for 31 nights accommodation in Kompiam (K50 per night)
- K100 - K200 for accommodation in Mt Hagen
- K160 One-way airfare between Mt Hagen and Kompiam
- K450 Two-way airfare between Mt Hagen and Kompiam
- Other spending money (eg. petrol for the hospital car, food, bilum, hospital canteen)

ACCOMMODATION

Hagen

Kimininga Lodge - K250 - K300 per night

Highlander Hotel - K500 per night (Online booking available)

Mt Hagen Missionary Home - K350 per night (Online booking available)

Baptist Hostel - K50 (very basic)

Baptist Union PNG Flats - K50 per night

Kompiam

Student House - K50 per night

MEDS

- Anti-Malarials (Doxycycline daily or mefloquine weekly)
- Anti-diarrhoeals (especially if you eat the meat at the market)
- Other medications (eg. panadol, cold and flu tablets, ibuprofen, eye drops, strepsils)

THINGS TO BUY IN HAGEN

- All canned food
- Rice, pasta, noodles, flour,
- Salt, pepper
- Sauces (Tomato sauce, sweet chilli sauce, soy sauce)
- Cooking Oil, seasonings
- Biscuits, crackers
- Bread, Margarine, Cheese
- Meat, eggs
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- Toiletries
- Coffee, Tea, Sugar, Milk
- Fruit and Veggies at the market

THINGS YOU CAN BUY IN KOMPIAM

- Coke, tea, coffee, sugar, milo, milk powder, salt
- Crackers
- Matches, Lighter, Candles
- Toilet Paper
- Live Chickens (will be prepared for you once purchased)
- Rice, Noodles, Canned Tuna, Canned Corn Beef
- Fruits

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THINGS TO DO IN KOMPIAM

SWIMMING IN THE RIVER

GO ON HIKES

LEARN PIDGIN (TOK PISIN)

HAVE A MUMU

GO TO THE WEDNESDAY MARKET

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THINGS TO DO IN KOMPIAM

BUY A BILUM

TASTE LOCAL DALICACIES

MOVIE NIGHT EVERY FIRDAYS AT THE MILLS'

BUNG TEA & GAMES EVERY SATURDAY NIGHTS AT THE MILLS'

PLAY ULTIMATE FRISBEE