



DEPARTMENT OF EDUCATION

GRADE 7

PERSONAL DEVELOPMENT

STRAND 3

OUR CULTURE, LIFESTYLE AND VALUES



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GRADE 7 PERSONAL DEVELOPMENT

STRAND 3

OUR CULTURE, LIFESTYLE AND VALUES

SUB-STRAND 1: CULTURE AND VALUES

SUB-STRAND 2: LIFESTYLE AND CHANGES

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As you complete each lesson, tick the box ☐ for that lesson.

SECRETARY'S MESSAGE

Achieving a better future by individual students and their families, communities or the nation as a whole, depends on the kind of curriculum and the way it is delivered.

This course is a part of the new Flexible, Open and Distance Education curriculum. The learning outcomes are student-centred and allows for them to be demonstrated and assessed.

It maintains the rationale, goals, aims and principles of the national curriculum and identifies the knowledge, skills, attitudes and values that students should achieve.

This is a provision by Flexible, Open and Distance Education as an alternative pathway of formal education.

The course promotes Papua New Guinea values and beliefs which are found in our Constitution, Government Policies and Reports. It is developed in line with the National Education Plan (2005 -2014) and addresses an increase in the number of school leavers affected by the lack of access into secondary and higher educational institutions.

Flexible, Open and Distance Education curriculum is guided by the Department of Education's Mission which is fivefold:

- To facilitate and promote the integral development of every individual
- To develop and encourage an education system satisfies the requirements of Papua New Guinea and its people
- To establish, preserve and improve standards of education throughout Papua New Guinea
- To make the benefits of such education available as widely as possible to all of the people
- To make the education accessible to the poor and physically, mentally and socially handicapped as well as to those who are educationally disadvantaged.

The college is enhanced to provide alternative and comparable pathways for students and adults to complete their education through a one system, many pathways and same outcomes.

It is our vision that Papua New Guineans' harness all appropriate and affordable technologies to pursue this program.

I commend all those teachers, curriculum writers, university lecturers and many others who have contributed in developing this course.



UKE KOMBRA, PhD

Secretary for Education

Strand Introduction



Dear Student,

Welcome to Strand 3 of the Grade 7 Personal Development Course. This Strand is called **Our Culture, Lifestyle and Values**. You will study it, using the steps suggested in the **Study Guide** on the next page.

This Strand is based on the National Department of Education approved Personal Development Syllabus for conventional primary school. So you will study at home what Primary school students study in school.

The four sub-strands you will study are:

1. **Culture and Values**
2. **Lifestyle and Changes**

In Sub-Strand 1 – **Culture and Values** – You will learn about Culture, Norms and Values, Cultural Rituals and Celebrations, Good Cultures, Symbols and Values, Food Choices and Cultural Restrictions.

In Sub-Strand 2 – **Lifestyle and Changes** – You will learn about Lifestyle, Types of Lifestyles, Changes in Lifestyle, Adapting to Changes, Lifestyle and Diseases.

Each Sub-Strand has **Lessons** with **Practice Exercises** and **Answers**. You must read each lesson and work through the Practice Exercises. You will have to correct your own answers. The answers to the Practice Exercises are given at the end of each Sub-Strand. When you complete a Sub-Strand, you will then complete the **Sub-Strand Test** in the **Assignment Booklet**. You will repeat the same process until you complete the Sub-Strand.

We hope you will enjoy studying this Strand Book for your Personal Development.

Study Guide

- Step 1. Start with sub-strand 1. Study lesson 1 and do the lesson activities as you go along. When you have completed lesson 1, do practice exercise 1.
- Step 2. When you have completed lesson 1 and practice exercise 1 activities, turn to the end of the lesson to correct your answers.
- Step 3. If you make a mistake, go back to the lesson to revise to understand why you got the answer wrong.
- Step 4. When you have completed steps 1 to 3, tick the box for lesson 1 on the contents page (p.3) like this,

Sub-strand 1: Interactions in Relationships and Groups.



Lesson 1: Standards of Behaviour.

- Step 5. Go to lesson 2 and repeat the same process until you complete all the lessons in sub-strand 1.
- Step 6. After completing your lessons and practice exercises in each sub-strand, start and complete the next sub-strand.
- Step 7. After you have studied the whole strand, do the strand examination in the assignment book.
- Step 8. The final part is to check Assignment Book 1. If you are satisfied with what you done, submit it to the Provincial Coordinator.

Assessment

There are four assignments for strand 1, i.e. one assignment for each sub-strand. These are all in the one book. There is an examination covering the whole strand at end of this course.

Each assignment is worth 100 marks. The examination is also worth 100 marks. Each assignment covers one sub-strand. You will find that the sub-strand has 4 or 6 lessons in it. The examination you do at the end of the course covers the whole strand. This covers from lessons 1 to 19.

The four assignments you write will be marked by the distance teacher and sent to FODE Head Office. The marks you score will count towards your final mark. Then a grade will be given after all assignments and examinations from all over Papua New Guinea are collated and grades are awarded.

If your score is less than 50%, you must repeat the course. If you continue to score less than 50% three times, then your enrollment will be cancelled. You need to re-enroll if you wish to continue with the course.

SUB-STRAND 1

Culture and Values

Culture

Norms and Values

Cultural Rituals and Celebrations

Good Cultures, Symbols and Values

Food Choices and Cultural Restrictions

Sub-strand 1 Introduction

Welcome to Sub-strand 1 of this book. This sub – strand is called Culture and Values.

There are five lessons.

In Lesson 1 You will learn about culture.

In Lesson 2 You will learn about norms and values.

In Lesson 3 You will learn about cultural rituals and celebrations.

In Lesson 4 You will learn about good cultures, symbols and values.

In Lesson 5 You will learn about food choices and cultural restrictions.

After completing all the five lessons you will have a better understanding of Culture and Values.

We hope you enjoy studying this sub – strand.

Lesson 1: Culture



Introduction

Welcome to Lesson 1. In this lesson you will learn about Culture - especially in the rural villages where 80% of people in Papua New Guinea still live in.



Aim:

Your aim should be to:

- Define culture,
- Identify the role of cultures in traditional PNG society
- List some traditional cultures and customs in PNG

What is Culture?

The culture is thing or activity or behaviour that people perform usually in ceremonies or feasting or meeting and everyone think they are important in family life and the communities. For example bride price, man clan pay monies to bride clans' people that also included the exchanges of gifts and other important material wealth such as bilums, arm shells and pigs or other animals. This culture is very much going strong and it is a part and partial of PNG culture. The customs are the way of life of people. Life of people in their communities and societies are guided by their traditional culture. The communities that uphold, respect and practice their traditional cultures usually enjoyed the safer and peaceful environments in their various societies. Strong cultural and custom practices make better communities and these communities will eventually have strong people with higher standard of living which is the basis of good living.

- Tradition- things that people make e.g. Pottery making,
- Custom- way of life, e.g. bride price;
- Culture- things or behaviour or activities that people have or do, such as tattooing and weaving of mats, trading and barter
- Lifestyle – food, houses languages and symbols that make up the life of people in their communities,
- Values- things that people say and think are important,
- Ritual- things or beliefs that people think and are important,
- Norm- rules or obligations that are vital and important and guided by customs,

- Initiation- ceremonies or activities that performed for young boys and girls to mark their man or woman stage.
- Beliefs- are the beliefs that people have are important and practice. Believing in spirits such as magic, masalai and puripuri.
- Myths- are legends or ancient stories that are told to young children about good and bravery acts,
- Food and dancing. Type of food grown and different dances that are practiced

The communities and families live together as people in their various societies and are guided by the customary laws and obligations in order to live in harmony and peace with a better and safer environment The above list makes up the important factors in the life of people in their families and communities and everyone is obliged to uphold and upkeep these basics aspects of traditional lifestyle of people.

- Question time.....
- Answer time.....



I have heard the word transition and customs but don't know what do they mean. Can you explain them?

Well. Read through to find the explanation.



Traditions refer to things people make or do e.g. clay pots making or weaving mat. Initiation ceremonies are vital tradition that people perform to celebrate the initiation of boys and girls to become man and woman and will no longer be called child. The initiation preparing the boys and girls soon to be husband and wife in their communities. The customs refer to way of life of people or the lifestyle of people.

The way of life includes bride price, dancing, tattooing, trading, barter system in which food or items are exchanged and houses and dressing. In PNG customs are still going strong in many parts of the country though, there are a small number of places that have lost many of their customs. For example, grass skirts and tattooing in central province are no longer done and practiced as you cannot see young girls having tattoos in their bodies as it was in the past.

The grass skirts are also evident as not worn and or used today by young girls and women of central province people. The bride price is the only the major custom that is very much the people core culture and custom and still going very strong. And most importantly bride price not only provide benefit in money and wealthy but it in fact, binds different clans members together in lasting relationships in sharing things and helping hands when in need.

What then is Core Culture and Custom?

Core culture refers to things or behaviours that are practiced as primarily vital and basic in the way of life of the people. The core culture is the activity that is believed to be very important in the life of people in their families and communities for harmonious life that binds people together in their various societies. The strong culture determined the quality of life in communities that everyone can enjoy living and working. Today, many core cultures in PNG are still going very strong such as, Duk Duk in ENBP, Bagi Milne Bay and Bride Price in Central Province. These cultures are playing very important roles in bringing people together in sharing and building strong relationships between different clans and families especially in celebration of bride price.

Core customs refers to the way people live or the way of life of people in families and communities in the countries of the world. Our customs are based on our history, legends, myths, beliefs, lifestyle, values, rituals, norms, initiations, ceremonies, feasting, dancing, sing-sing, gardening, hunting and fishing, trading, barter, magic, spirits, food, language, clothes (grass skirts), symbols, tattoos and most importantly Bride price.

Today, our strong core custom is no doubt bride price as its covers most of parts of PNG and most importantly the money or cash is used widely throughout the country with very strong influence in peoples' life



Activities

Activity 1.1

(a) Define the following:

(i) Culture

(ii) Custom

(iii) Core

(iv) Tradition

(v) Symbol

(vi) Legend

(vii) Myths

Check your answers at the end of the lesson before moving on to the next part of this lesson.

What is the Difference Between the Culture and Custom?

The difference between the culture and custom is that the culture is thing or behaviour or activity that people believe is important and performed as expected in families and communities. For example, bride price is one of the very important ceremonies or celebrations that people perform in their communities which usually bring people from different clans to come together to share food as well as exchanging gifts . The bride people normally give money or things such as rice, flour, sugar and other items to groom people. In return the grooms people feed the bride people on the day and this mark the beginning of two groups of people lasting relationships in their families and communities. The relationship will be developed in sharing, supporting and defending in everything that they do in their various societies in PNG.

The custom is the way of life that people have and enjoy in families and communities. The lifestyle of different communities, differ from community to community and also different from province to province in PNG. In some communities the bride price is not practiced as in its usual sense, but rather performed certain gifts exchange between bride and groom peoples. This custom of bride price has very strong influence in many parts of PNG and now no doubt widely practiced. Most customs in many places have been lost as more people become educated with very strong western influence and

prefer to live in towns and cities. Even so the core customs will remain with the people as long as they live.

The Culture and Custom Depend on Age and Education

The sorcery and related murders now can be attributed to our cultural belief that entrenched in most areas of Papua New Guinea. The older people will have stronger belief than younger and more educated person in issues of sorcery and witchcraft. Belief is defined as an acceptance that something exists or is true, especially without proof.

Sorcery is defined as the use of magic, especially black magic and affiliated to supernatural acts. If the sorcery is a supernatural act and without proof, then belief must be the central issue since supernatural is out of physical realm and belief and or believing in supernatural cannot be proven with physical evidence or of presence of any substance to prove existence of sorcery and witchcraft practices. Many well educated young people will take this view more acceptable than older people who have very strong traditional cultural beliefs in this issue.

Now look at the table below to understand better the difference between culture and custom.

Community	Culture	Tradition
	Clay pot making	Symbols
	Weaving mats	Barter
	Tattooing	Tapa cloth or grass skirts
	Bride price celebration	Initiation
	Food preparation	Bush material houses



Activity 1.2

1 What is the importance of people knowing their culture?

2 List the difference between culture and custom

Community	Culture	Custom

3. Explain the reasons for difference in belief with older people and young generation of educated people I relation to witchcraft and sorcery?

Check your answers at the end of the lesson before moving on to the next part of this lesson.

Summary



You have now come to the end of Lesson 1. In this lesson you have learnt that;

- People should know their culture that will help them to say or do the things as expected in families and communities,
- Core culture refers to things or behaviours or attitudes that are seen as vital in people's life in their families and communities,
- Culture refers to traditional activities and customs that people have or to do as an obligation guided by traditional rituals and norms.
- Custom refers to the way of life of people in families and communities,
- People knowing their culture usually help individuals in families to act as required and most importantly behave responsibly.
- The difference between culture and custom is that culture is thing or activity that have or to do and they live in a traditional lifestyle. The custom is way of life of people.

NOW DO PRACTICE EXERCISE 1 ON THE NEXT PAGE

**Practice Exercise 1**

1 What is a core culture?

2 Write a paragraph explaining the following:

(i) Culture

(ii) Traditional

(iii) Cultural shows

CHECK WHAT YOU HAVE WRITTEN ANSWERS ARE AT THE END
--

Answers to Lesson Activities

Activity 1.1

(a) Define the following:

(i) Culture is thing or action or behaviour that people have or to do or perform them to do the right thing like sing - sing or dancing.

(iii) Tradition is thing that people do or perform like pot making or dancing

2 Activity 1.2 Answer the questions:

(a) People knowing their culture live happily and joyous in families and communities in their various societies.

(b) List the difference between culture and tradition

Community	Culture	Tradition
	Clay pot making	Symbols
	Weaving mats	Barter system
	Tattooing	Tapa cloth or grass skirts
	Bride price celebration	Initiation
	Food Preparation	Bush material house

(c) Older men are less or lowly educated whilst the younger generation have better education so that makes a difference level of seeing traditional culture and modern or western culture.

- Prefer town or city life (young person)
 - Prefer village life (older person)
 - Have employment (young person)
 - Earn Living by working in the garden (older person)
 - May have a car and house in town or city (young person)
-

Answers to Practice Exercise 1

1 Core culture refers to basic unit or requirement needed in the cultural heritage or activities.

2 There are many different and exotic cultures within Papua New Guinea and a land of traditional people living a subsistence lifestyle. People live small villages and are dependent on subsistence farming. Women are responsible for day to day work such as gardening and caring for young children.

There is much diversity between the cultures in Papua New Guinea, example, there is the colourful Huli tribe who inhabit the Southern Highlands and Hela Province of Papua New Guinea. Clay is used for traditional body decoration by the Huli's. In contrast the young men from Sepik region undergo painful skin cutting on their backs. This is symbol of strength and power to resemble the much worshiped water spirit (crocodile) of the Sepik.

The culture shows and festivals of Papua New Guinea are a way for the proud local people to showcase their traditional customs and beliefs, through dance, and "Sing Sings. This also provides a wonderful opportunity for tourists to see the many different cultures of PNG all come together in an array of colour and passion .my very

Lesson 2: Norms And Values



Introduction

Welcome to Lesson 2. In the previous lesson you have learnt about the culture. In this lesson you will learn about norms and values especially in rural villages setting as most people in PNG live in their small villages, and at the same time many better educated young people leave their villages and work and live in towns and cities.



Aim: In this lesson your aim should be to:

- Define the concepts of norms and values,
- Identify the importance of norms and values
- State the purpose of norms and values in the community

What are Norms and Values?

The norms are the guide rules of laws for the people in families and communities. The norms are traditional obligations that are expected to be upheld and followed as these are guided principles of traditional lifestyle in various societies in Papua New Guinea. Everyone should their traditional norms that will help them to respect and obey as expected. Anyone who is found to be breaking these norms are referred to clan leaders in-charge of laws and the case then is heard. Penalty is given if found guilty. Physical flogging may be used or community work is given as punishment. However, in the past the serious offences were in fact, usually killed depending on type of crime committed.

The values are the things and behaviours that people think or say are important in their lifestyle. Sometimes, people termed value as a price placed on important items or beliefs depending on where you are as different cultures have various level of influence such as family, reference groups, and social class. AS our country has diversity of cultures in various provinces so the value systems vary from place to place. For example, bride price is seen and valued differently from province to province. In central province the bride price is valued very highly as much more money or cash is paid to the girls clan people where as in Milne bay there is likely that people are not able to pay and celebrate like the people of central.



"Mmmmm! Norms and values are new to me. I'm very interested to know more. Can you help me of how you understand?"



"Of course I can. Norms are set of rules and values are its usefulness or significance."

Norms refer to rules or roles or responsibilities that people think or do are important as these things or behaviour and actions are guided by traditional legal obligation.

Traditional rules of laws are vital in families and communities and must be accepted and performed as expected in the cultural norms of people. For example, food customs at ceremonial occasions at which hundreds of pigs or other valuables are distributed to guests Competitive feasting ("fighting with food ") between big men and chiefs featuring oratory, dancing, singing, drumming, and feasting that go on for days.

The payment of bride prices and other exchanges ceremonies usually have special drinks were rarely part of such ceremonies. In the past, but now beer and alcohol are often part of major exchanges. These activities are the norms of the day of people in families and their various societies in PNG. Values refer to things or beliefs that people have or to do or think are very important in their life. For example, bride price is highly valued in central province as the people pay large amount of money or cash to woman's clan people involving nearly whole village in these ceremonies.

Traditional values are vital in the life of rural people as today many people in various places used it as business or competition. In the past such practices were not used by people but rather it was used as binding two different clan members together in relationships and friendships in sharing and support in rest of their life. But most importantly values must be responsibly used as it is still going strong in many parts of Papua New Guinea

What then is fighting with food? (I guess this must be the examples)

Fighting with food refers to amount of food to be eaten during the ceremonies which normally guided or controlled by big men and chiefs. More food with good quality and varieties would make ceremonies much satisfying and no doubt the big men and chiefs would be much happier if all these foods are fairly shared and eaten. Every leader in

traditional societies always aims to provide bigger and better food in major ceremonies in their communities to maintain status quo in the community.

Annual festival is practiced in many parts of Papua New Guinea gain authority and privilege, and a chief may have many wives and expect everyone to bow in his presence. However, without female relatives to participate in family exchange events and redeem matrilineal lands and honour, those men's power would evaporate. Among the gender and many other societies, big men achieve their positions by investing in feasts, bride – prices, and other exchange needs of their partners and followers. To do this, big men need many wives and female helpers to raise food and pigs, to give away. Hard working women are a men's most valuable asset, and husbands who do not consider their wives' interests risk losing them to another men. Women procreative power induces men to go to great lengths in initiation and other rituals to strengthen themselves for contact with women and achieve a balance or edge in gender relations. {Trobriand Sample}.



Activities

Activity 2.1 Answer the questions

(a) Define the following:

(i) Norms

(ii) Values

(iii)Rituals

(iv)Induces

Check your answers at the end of the lesson before moving on to the next part of this lesson.

What is the difference between the norms and values?

Norms are the rules of traditional laws that people have in communities and are guided by the customary obligations, roles and responsibilities. Chiefs and big men as traditional leaders usually have strong influence by building extensive networks of exchange partners and supporters control the norms of the day in order to make bad men to accept the obligation or be rejected or even put to death. The characteristic “big men” was hardworking, skilled, in oratory, personable, intelligent generous, and husband of more than one wife. Big men still exist, but their influence has lessened because they cannot control the global forces affecting the communities.

Values are things that people think and say are important or can do or not. Again, customary obligations, roles and responsibilities guided by chiefs and big men having strong influence to control of the situations in relation to values systems in families and various societies. For example, most Land is vested in kin groups and allocated according to need. Individual land ownership is not common, individual may own a grove of banana trees but not the land they grow. While land normally passes from father or mother's brother to children to children. Or nieces, and nephews, the intended recipients provide much assistance and gifts to the “owners” before the land passes on to their care. Migrants or outsiders who fail to participate in village exchanges risk being “dispossessed” in favour of people who have supported local land owners.

Norms and Values depend on age and education

Older generation of people would always accept and participate in customary rituals, norms and values because these have been passed on by their forefathers. The cultural heritages are not there just to accept and participate but they had seen it and lived with it and experienced it when they were younger in their time of the past. The older men and women still have very strong beliefs in traditional activities such as norms, values, myths, legends and land ownership issues. Because the older generation has the NDA of old, they would usually behave in the way the traditional lifestyle was and strongly maintain as long as they live.

Today, young people with better education and good jobs are moving away from their villages and setting down into towns and cities with better western lifestyle. Western influence attracted most young well educated people to accept and participate in this global world stage. Leaving their cultural heritages in many parts of Papua New Guinea and lessened the chances of reviving and maintaining these beautiful cultures and customs. The chances of children of these elites are slimmed to know their parents traditions. The common perception is that the country is divided into “elites” and ‘grassroots,” with the grassroots including most villagers and low income earners in

towns and elites being educated, higher-income persons, “coffee millionaires,” and others entrepreneurs, social interaction is intense as elites attend clan affairs and expected to open their homes to wantoks at any hour.

Evidence of growing disparities or differences in the lifestyle of elites or educated people versus grassroots or most villagers and these created the situation that traditional customs including norms and values are no longer accepted and practiced in many families and communities. Most villagers are not poor. Daily life is simple with few of the expenses of urban life. And norms and values depend on age and education had been matched with the all evidences given above and to conclude the more elites emergency into the coffee millionaires group will eventually eliminate most of our beautiful arts and cultures. But most importantly respect and accept the norms and values of Papua New Guinea responsibly.

Look at the table below to understand better the difference between norms and values.

People and Community	Norms	Values
	Chiefs and big men influence	Bride-price
	More wives give more power	Initiations
	Invest in exchanges and partnerships	Trading
	Fighting with food	Symbols
	Land ownership	Dancing and painting bodies



Activity 2.2

1 What is the importance of people knowing their cultural norms and values?

2 Explain the phrase, “norms and values” depend on age and education?

3 List the differences between norms and values in the table below;

People community	Norms	Values

Question Time:

- What is elite?
- What is grass root?
- Explain the phrase fighting with food

Answers:

1. Elite

2. Grass root

3 Fighting with food

Check your answers at the end of the lesson before moving on to the next part of this lesson.

Summary



You have come to the end of Lesson 2. In this lesson you have learnt that,

- People should know their cultural norms and values that will help them to accept and uphold these important customs and perform as expected in families and communities,
- Fighting with food refers to plenty of food that everyone to eat with a lot more surplus to take home.
- Norms refer to traditional obligations guided by chiefs and big men in rural villages in area of unwritten laws to control life in families and communities,
- Values refer to things that people have or to do that they think and say are important in life of people in families and communities,
- Knowing the norms and values systems of people in various communities help them to accept and live as expected in their communities,
- The difference between norms and values is that norms are traditional obligations guided by customary laws through chiefs and big men. Values are the things that people have or to do or say that are important in their life.
- Two different people are emerging in PNG because the influence of education and western lifestyle; “Elites and Grass roots”
- Rich get richer and poor get poorer as it is in Western World.

NOW DO PRACTICE EXERCISE 1 ON THE NEXT PAGE
--



Practice Exercise 2

1 What then is fighting with food?

2 Write a paragraph explaining the following:

- (i) Norms
- (ii) Values
- (iii) Big men

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CHECK YOUR WORK. ANSWERS ARE AT THE END OF LESSON 2

Answers to lesson activities:

Activity 2.1

(a) Norms are the traditional obligations that are guided by customary laws through chiefs and big men in various communities.

(b) Values are the things that people have and do or say and think that are important to their life.

(c) Rituals are the things or activity people perform or do to bring about maturation or maturity and future success in the initiations. Rituals usually involve fasting and food taboo and body painting seeking spirits guidance.

(d) Induces are reducing or lessen the opportunities for success or power.

People Community	Norms	Values
	Chiefs and big men influence	Bride-price
	More wives give more power	Initiations
	Investing exchanges and partnerships	Trading
	Fighting with food	Symbols
	Land ownership	Dancing and painting body

Answers to Practice Exercise 2

1 Fighting with food refers to much food or a lot of food that everyone who attended or participated in the food customs at ceremonial occasions at which hundreds of pigs and other valuables are distributed to guests.

2 Norms are the customary obligations or taboos that people think, say or do are important in families and communities. These norms are guided by village leaders such as chiefs and big men. The chiefs and big men usually act as village court magistrates in dealing with criminal and civil cases. As chiefs and big men have strong influence and support from their people and communities, they control laws and order problems. Food taboos vary and are often temporary, as with restrictions on pregnant women and initiates. Others are totemic, involving plants or animals that are symbolic of kin groups. Still others are relational; for example, a son-in-law may not consume food in the presence of his mother-in-law.

The valuables are usually seen or thought of or talked about as vitally important in the lives of people in their communities. For example, staple foods include starchy vegetables such as wild sago, breadfruit, yams, taro, sweet potato, and rice complemented by wild greens, several varieties of banana and coconuts, mango, and other fruits. Domesticated animals, and hunting provide fowl, pork, and meat from birds, marsupials, turtles, and cassowaries. After initiation into adult society, young men and women spend time with the opposite sex in supervised courtship sessions. Ideal marriage partners are hardworking and attractive. Clan exogamy is a must, and parents hope their daughters marry prosperous suitors or persons whose kin pay large bride-prices and who will be good allies in exchange and wars.

Lesson 3: Cultural Rituals and Celebrations



Introduction

Welcome to Lesson 3. In the previous lesson you have learnt about norms and values. In this lesson you will learn about cultural rituals and celebrations especially the traditional rituals and celebration in ceremonial occasions and how important these customs in families and communities in various societies of Papua New Guinea.



Aim:

Your aim should be to:

- Define cultural rituals and celebrations,
- Identify rituals and celebrations highlighting their importance,
- List cultural rituals and celebrations in your local area,

What are Cultural Rituals and Celebrations?

The rituals are things or actions people think and belief are important in their life. Rituals focus on health and fertility, such as male and female initiations.. Aimed at bringing about the maturation and future success of the initiates, initiation involves seclusion in the forest or a menstrual hut, fasting and food taboos, and body mutilation. Initiates seek contacts with spirit guides who will help them throughout their lives and even marry spirit women on occasion. Initiation and other ceremonies focus on eliciting the help of ancestors and the living and are accompanied by the exchange of valuables and food. In preparation for war or in compensation for war deaths, a group may sacrifice hundreds of pigs to call forth the aid of the ancestors. Cannibalism and head-hunting - not universally practiced - were often aimed at rejuvenation or acquiring the bravery and good characteristics of the deceased, with wives eating a portion of their husbands' dead bodies to incorporate their virility and young warriors displaying enemies as symbols of their own magic and efficacy.

Celebrations are traditional activities or meeting that involve the communities for exchange or bride price as a ceremonial occasion for everyone to participate. In many celebrations where chiefs and big men would normally make sure that there are a plenty of food to consume where clan members could have a fight with food and still have plenty to take home. These celebrations or feasting circles and being hospitable to guests and unexpected visitors and this occasions of exchange partners has an urban

equivalent in parties where workmates and wantoks are welcome along with their spouses and children. Return or recircle of the exchange celebration is expected but not always possible, putting barriers between individuals of different income levels. One custom that everyone can participate in is sharing betel nut (buai) Relationships between nieces and nephews.



I've heard of the words rituals and celebration But don't know what they mean. Can you explain?

Sure continue reading to find out more



Rituals refer to things or activities that people think or believe are very important in their way of life. Many rituals focus on health and strong personality and fertility where ancestor's guidance from deaths requested, such as male and female initiations. Initiation rituals aimed at bring about the maturity and future success of the initiates. What is now known as a Real man and woman or A team or superman is an equivalent.

Initiations usually perform in isolated places or secretly done as expected and involved fasting and food taboos and body mutilation. Ritual initiations of initiates seek contact with spirits guides who will help them throughout their future lives and even marry spirit woman on occasion. Initiations and other ceremonies focus on requesting or eliciting help of ancestors and the living and are accompanied by exchange of valuables and food. Spiritual guidance and magic are basis for successful initiations for initiates requires a very strong belief in these customs and taboos as they were practiced in the past.

Celebrations refer to activities or feasting that involved families and communities to participate in these occasions as expected and guided by chiefs or big men. Bride-price celebrations involved special ceremonies with exchange partners and other guests from two clans that are either bride or groom relatives. Ideal marriage partners (woman) must be hardworking and good looking or attractive. Parents hoped their daughters married prosperous clan who will pay them large bride-price and they will be good allies or relationships in exchange and wars.

Sometimes, women pressed into incompatible or breakdown marriages can return home or threaten suicide. If those strategies or help fail, young women may run away with lovers or commit suicide. Many women did not have ideal marriages whilst only a few had excellent marriage in the past. No wonder, currently many marriages are following what had happened in the past. Be well and mate it better

What then is spirit guides?

The spirit guides refer to ancestors (deaths) or spirits help or assistance in young male and female initiations. The success of many initiations, depend on whether the calls are answered in spirits, ancestors, living and fasting and food taboos. The calling of spirits and ancestors deaths to be involved in initiation rituals are secretly practiced in hidden way or location where no one may see them. This is usually done in the forests or Haus Tambaran. Believe or not in many places it worked so as they continued to practice as it was many years ago. In most places in Papua New Guinea rituals are basically used as medium of spirits and ancestors with living who possessed magic and other supernatural powers. In due, respect spiritual guides are believed to be very important custom that help many people in families and various societies.

I am certainly a strongly believer in spirits interventions as I did witnessed my father doing it in our faraway garden sites in Aroma area of Abau district in Central Province. I sort of heard him calling out to ancestors names and requesting specific spirits for hunting or food. Soon after, he went off into the forest and came with a pig. During this brief ritual session, he placed two cleaned and opened green fresh coconuts as offering. This I think is the reality of life of the past that we today don't believe will happen. Then, no doubt will lose it and will also become burden to our children and their children in the future. Good to have it and be grateful. We should be proud and be well.

**Activity 3.1**

(a) Define the following;

(i) Rituals

(ii) Celebrations

(iii) Culture

(iv). Spirits

Check your answers at the end of the lesson before moving on to the next part of this lesson.

What is the difference between rituals and celebrations?

The difference between rituals and celebrations is that the rituals are things or action that people think and believed are important in the traditional lifestyle of rural villages in Papua New Guinea. The celebrations are the ceremonial activities or occasions such as bride-price or rituals where exchange partners and guests or unexpected visitors participating and involved large numbers of people to celebrate. Sacrifices are made pigs, fish, cow, chicken, cassowaries and valuables and food and expectation is that everyone will fight with food and surplus to take home so that all is happy.

People in their various communities are practiced both rituals and celebrations as important ceremonies which must uphold and respect in families and communities. Ritual ceremonies are usually performed in hidden places or locations as it involved spirits and ancestors deaths with magic and power that only possessed by selected few big men or chiefs. In other places, practitioners died due to not following rituals rules and procedures as required by its originalities. It is a risky business so it is better to the practitioners to have completed the practices training and experience rituals and superior super natural power and magic.

Most communities in rural villages seen, respects and participate well in many of these celebrations as one way fighting with food especially in bride – price celebrations as large among of prepared food by bride people giving to other clan members whose man as groom paying the bride-price. This cultural celebration is still going strong in Papua New Guinea. Traditional cores of life of the past were many ceremonial occasions where celebrations went on for more than a week or so especially when big men or chiefs are involved in these celebrations.

Rituals and Celebration depended on chiefs or big men and supernatural power and magic.

Rituals and celebrations are not ordinary events so any cab be able to lead and perform. They are specially occasions that happen once or at appropriate times, and required careful planning and preparation and by not big men and chiefs but all community expected to participate and be part and partial of the celebration. Everyone enjoyed and contributed meaningfully and their common focus was on one important factor: Building alliance, friendships, relationships and support in wars.

Secondary consideration for these ceremonial occasions are basically aimed at uphold and maintained exchange partners and make new partners as legend told “More exchange partners and more wives makes man superior and more powerful.” This is more evident in Trobriand Island in Milne Bay Province. Paramount Chief always have many wives, currently he has 14 wives and you cannot believe it.

Look at the table below to understand better the difference between rituals and celebrations.

Community	Rituals	Celebrations
	Initiations	Ritual celebrations
	Bride-price	Bride-price celebrations
	Way of food preparation	Initiation celebrations
	Spirits	Compensation celebrations
	Ancestors deaths	Food celebration- fighting with food



Activity 3.2

1 What is the importance of people knowing their traditional rituals and celebrations?

2 List the difference between rituals and celebrations in the table below;

Community	Rituals	Celebration

Check your answers at the end of the lesson before moving on to the next part of this lesson.

Summary



you have come to the end of Lesson 3. In this lesson you have learnt that;

- People should know their local rituals and celebrations so that they are able to perform and participate correctly,
- Spirits guides refer to help or making it possible in the practices of customary rituals or related ceremonies. Assist to happen,
- Rituals refer to activities or customs or beliefs that have or do and practiced are true and important to their lives and community life.
- Celebrations refer to gathering or meeting or to coming together to participate in special ceremonial occasions such as bride-price,
- Knowing traditional rituals and celebrations will help people to correctly performed as expected in these activities,
- The difference between rituals and celebrations is that the rituals are activities or customs that people believed importance and practiced. Celebrations are the occasions marking certain traditional activities involving large numbers of people like initiations and bride-price.

NOW DO PARCTICE EXERCISE 3 ON THE NEXT PAGE
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Practice Exercise 3

1 What then is spirit guides?

2 Write a paragraph explaining the following:

- (a) Rituals
- (b) Celebrations
- (c) Initiations

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CHECK YOUR WORK. ANSWERS ARE AT THE END OF LESSON 3

Answers to lessons Activities

1. Activity 3.1

(a) Rituals are activities or things that are thought to be important in peoples' customs and practiced in special occasions such as male and female initiations and in feasting ceremonies involving body decorations.

(b) Celebrations are occasions or meetings or gathering that involved large number of people participating to celebrate certain customs such as bride-price and or payment of compensations.

(c) Culture is the way people live and do things that are important.

(d) Spirits are deaths or ancestors from unnatural world that people believed they get help in their success and good fortune in life

2. Activity 3.2

(a) People will live peacefully and correctly participate in their traditional rituals and celebrations.

(b) Sample Answer

Community	Rituals	Celebrations
	Initiations	Rituals celebrations
	Bride-price	Bride-price celebration
	Way of of food preparation	Initiations celebrations
	Spirits	Compensations celebrations
	Ancestors' deaths	Food celebrations(fighting with food

Answers to Practice Exercise 3

1 Spirit guides refers to powers or supernatural interventions that are believed to be assisted in customary practices and rituals. The success in practices of rituals and other customs are said to be invaluable help of spirits and other supernatural powers.

2 The rituals and celebrations are important in relation to the beliefs that these ceremonial occasions usually used as mediums to call their ancestor' spirits and offered their appreciations and thanksgiving. Many rituals focus on health and fertility, such as male and female initiation rituals. Aimed at bringing about the maturation and future success of the initiates, initiation involves seclusion in the forest or a menstrual hut, fasting and food taboos and body mutilation. Initiates seek contact with spirit guides who will help them throughout lives and even marry spirit women on occasion. Initiation and other ceremonies focus on eliciting the help of ancestors and the living and accompanied by the exchange of valuables and food. In preparation for war or in compensation of war deaths, a group may sacrifice a hundreds of pigs to call forth the aid of the ancestors.

Celebrations are done at food customs at Ceremonial occasions. Papua New Guinea is renowned for ceremonial occasions at which hundreds of pigs or other valuables are distributed to gusts. Competitive feasting ("fighting with food.") between big men chiefs features oratory, dancing singing, drumming, and feasting that go on for days, along with the payment of bride-price and other exchanges. Special drinks were rarely part of such ceremonies in the past, but now beer and alcohol are often part of major exchanges, Papua New Guineans celebrate non-traditional holidays such as Christmas and Easter but rarely exuberance or expense involved in a traditional feast. Every important exchanges or feastings have always attract large number people and greatly celebrated and these ceremonial occasions mark great height in many communities.

Lesson 4: Good cultures, symbols and Values



Introduction

Welcome to Lesson 4. In the previous lesson you have learnt about rituals and celebrations. In this lesson you will learn about good cultures, symbols and values especially most of our young and well educated people leaving their villages and move to towns and cities.



Aim:

Your aim should be to:

- Identify good cultures, symbols and values,
 - Identify ways of maintaining valued cultural practices,
 - Identify and list advantages and disadvantages of cultural practices of “wantok system” in PNG.
-

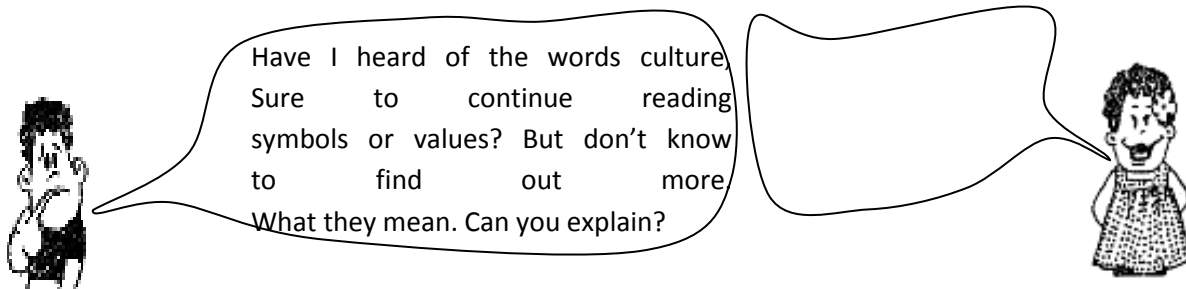
What are Good Cultures, Symbols and Values?

Good cultures are the cultures that are positive in nature or cultures that provide better life skills that encourage positive aspects of life. Culture of violence of women is not good culture and should not be encouraged. The culture of Papua New Guinea is many-sided and complex. It is estimated that more than 7000 different cultural groups exist in PNG and most groups have their own language. The good cultures include one language, farming, hunting or fishing and generous- men or people with these skills earn a great deal of respect in Papua New Guinea. The principal livestock in traditional Papua New Guinea is the pig. To balance the diet people collect wild plants, hunt and or fish depending on where they are live. These are good cultures that usually sustain their lifestyle and survival in their various societies.

The symbols are important distinction between people and the cultural groups in PNG. In the past these symbols identified in time feasting and celebrations in ceremonial occasions, wars, singing, bride-price or food ceremonies. Bagi in Milne Bay is one of the common symbols of the people of Milne Bay Province In Papua New Guinea. Tolai shell-money is another good example that had gained valuable and useful recognition in its importance and valued and practiced. For example, in Sepik, there is a world – renowned tradition of wood carving. These carvings create forms of plants or animals, because they believe these are their ancestor beings and because they feel they are

beautiful. They also create traditional skull portraits. There is the colourful Huli tribe who inhabit the southern highlands and Hela Province of Papua New Guinea. Colourful clay is used for traditional body decoration by Huli's. In contrast the young men of the Sepik region undergo painful skin cutting on their backs. There is a symbol of strength and power to resemble the much worshiped water spirit (crocodile) of the Sepik.

Values are basis in activities, attitudes, interests, opinions and allocation of income. It also reflects people's self- image or concept; the way they see themselves and believe they are seen by the others. Value is a composite of motivation, needs, and wants and influenced by factors such as culture, family, reference groups, and social class. The analysis of lifestyle (called psychographics) is an important factor in determining how consumer makes their purchase decisions.



Culture refers to things or activities or feasting that people think and believe are important and uphold and performed as expected in ceremonial occasions. There are many different and exotic cultures within Papua New Guinea and it is a land of traditional people living a subsistence lifestyle. There is much diversity between the cultures in Papua New Guinea, for example there is the colourful Huli tribe who inhabit southern highlands and Hela province of Papua New Guinea. Colourful clay is used for traditional body decoration by Huli's. In contrast young men of Sepik undergo painful skin cutting on their backs. This culture shows a symbol of strength and power to resemble the much worshiped water spirit (crocodile). The symbols identified different kin groups and clans and now provinces. For example, Bagi in Milne Bay Province, Motuans clay pots, Sepik wood carving and Tolais Dukduk. Values are used in allocation of income or level wealthy and riches in exchanges and other valuables items are important in determining consumers what to purchase. Lifestyle values are expressed in both in work and leisure-behaviour patterns and reflects peoples' self-image and self- concept; the way they seen themselves and believe they are by seen others

What then is symbol of strength?

Symbol of strength refers to energy or power that the initiation provide to young men of Sepik as the painful process they undergo through in which their backs were cut to resemble their much worshiped water spirit – (crocodile)of the Sepik. Kula (exchange) expeditions and give away yam harvests at the annual yam festival gain authority and privileges, and a chief may have many wives commoners to bow in his presence. In contrast, without female relatives to participate in female exchange events and redeems matrilineal lands and honour, those men's power would evaporate. Among the gender and many other societies, big men achieve their positions by investing in feasts, bride-price and other exchange needs of their partners and followers. To do this, big men need many wives and female helpers to raise food and pig to give away.

Hardworking women are a man's most valuable asset and husbands who do not consider their wives interests risk losing them to other men. Women's procreative power induces men to go to lengths in initiation and other rituals to strength themselves for contact with women and achieve a balance or edge in gender relations.

**Activities**

Activity 4.1 Answer the questions:

(a) Define the following:

(i) Culture

(ii) Symbols

(iii) Values

Check your answers at the end of the lesson before moving on to the next part of this lesson.

What is the difference between culture and symbol and value?

Culture is things or activities people do or say are important such as making pottery for thousand years and people are still making clay pots. It is estimated that more than 7000 different cultural groups exist in Papua New Guinea, and most have their own language. Because of this diversity, in which they take pride, many different styles of cultural expression have emerged; each group has created its own expressive forms in art, dance, weaponry, costumes, singing, architecture, and much more.

The cultural symbols are important for people who come from a particular culture. For example, if we see some one wearing a bagi necklace made from little red shells, we might guess that the person is from Milne Bay. If we see a girl with pierced ears and red bagi shells in her ear lobes, we might think that she is from the Trobriand Island. Bagi is an important cultural symbol in Milne Bay Province. For many years bagi has been used in the Kula trading ring and still important today. Some important cultural symbols:

- Necklace – dog's teeth, Job's tears or strips of bamboo.
- Shells like kina and toea bagi and tabu (shell money)
- Feathers like Bird of Paradise plumes,
- Tattoos on the face or other parts of the body,
- Bilums – especially the size and shape,
- Food
- Language

Values are things people say and think are important in their way of life. Values are used in income allocation. It also reflects people's self-image and self- concept and the way they see themselves and believe they are seen by others. Values in traditional lifestyle is a composite of motivations, needs, and wants and influenced by factors such as family, referenced groups and social class. The analysis of consumer lifestyle (called psychographics) is an important factor in determining how consumers make their purchase decision in

Culture, symbols and values depend on age and education

Most people in Papua New Guinea still live in rural villages and continue to practice extended family living in work and many other traditional customs and exchange ceremonies. They shared and support families' roles and responsibilities and expected to perform as required in their life. Major events such as bride-price and initiation of young male and females for adulthood and marriage are contributed in full by all members of the family. They live together in same house with uncles or aunties or grandfather where everything is shared and this has been the way of life in the past.

Today, many young and well educated people are leaving their rural villages to seek better lifestyle has influenced by modern civilisation and education. As better

employment and money they leave home and moved into towns and cities that contributed to declining in the practices of these beautiful cultures, symbols with unique values and may be lost forever..... But most importantly it is still here and don't lose it, be responsible to have it and revive these beauties.

Look at the table below to understand better the difference between culture, symbols and values.

Cultures	Symbols	Values
Bride-price	Necklace	
Initiations	Shells	
Kula trading ring	Feathers	
Barter exchange	Tattoos	
Hunting	Food	
Fishing	Language	



Activity 4.2 Answer the questions

1 What is the importance for people to know their cultures, symbols and values?

2 List the differences of culture, symbols and values:

Cultures	Symbols	Values

3 Write a short paragraph explaining “ self-image” and “self-concept”

Check your answers at the end of the lesson before moving on to the next part of this lesson.

Summary



You have come to the end of Lesson 4. In this lesson you have learnt that;

- People should know their cultures, symbols and values that will help them perform their expected roles and responsibilities as required,
- Spirits refer to unnatural beings or ancestor being from under world,
- Cultures refer to things or activities that people believe are important in their life,
- Symbols refer to things that show marks or distinctive of a particular place or tribe. E.g bagi in Milne Bay Province,
- Values refer to things or customs that are consumer price in income or wealth status,
- Knowing cultures, symbols and values will help people to make right traditional decisions as expected,
- The differences between cultures, symbols and values are that cultures is the things say or do and are important. Symbols are the things that show belonging of a particular place or people,
- The values are kind of prices of consumer needs and purchases on symbols or arts and many exchanges.

NOW DO PRACTICE EXERCISE 4 ON THE NEXT PAGE



Practice Exercise 4

1 What is spirit?

2 Write a paragraph explaining the following:

- (i) Cultures
- (ii) Symbols
- (iii) Values

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CHECK YOUR WORK ANSWERS ARE AT THE END OF LESSON 4

Answers to Lesson Activities

Activity 4.1

(a) Cultures things or activities or ceremonies that people have and do or say are important in their way of life.

(ii) Symbols are a specific distinctive marks or carving or painting or shells for a particular place or person.

(iii) Valuables are consumer needs and prices or purchasing power decisions in relation to initiation, feasting, exchanges, bride-price ceremonial occasions and arts and dancing and singing.

Activity 4.2: Answer the questions:

1. Knowing the cultures, symbols and values help people to live well and in peace and harmony.

2 Sample Answer

Cultures	Symbols	Values
Bride-price	Necklace	Attractive women
Initiations	Shells	Hardworking wife
Kula trading ring	Feathers	Having many wives
Barter	Tattoos	Female relatives
Hunting	Food	Water spirit (crocodile)
Fishing	Language	Exchange partners

3.

Normally people think that they are good and having plenty and believe that people accept them as they think, but really not everyone seen them as same as they think they are so it is best not to pre-judge our beliefs. As we know that everyone is different therefore, we should always respect ourselves as well as others. No one is superior and above the law so do we all must try to see everyone as same in every way possible. Sometimes, our self-image and self-concept can damage our life and other important relationships and friendships. Remember everyone have equal rights and freedom.

Answers to Practice Exercise 4

1 Spirit is unnatural being or an ancestor's being believe help in need of large provisions in important ceremonial occasions.

2 Good cultures are ones that provide and promote positive life skills and encourage better living for families and communities. A good culture with a lifestyle of individuals, families (household) , and societies, which they manifested in coping with their physical, psychological, environments on a day to day basis. For example, bride-price ceremonial occasions and celebrations where everyone enjoy varieties of exchanges and gifts and chiefs, big men and guests and everyone as well as uninvited people fighting with food. This is an excellent culture and a good life. Culture of violence is negative and should not to be encouraged and totally rejected all communities.

Symbols are important arts and culture for many different communities in Papua New Guinea. The symbol identifies where people come from and the clan or kin groups they belong to in a particular place. For example, bagi is a symbol of people of Milne Bay Province. Girls with pierced ears wearing red bagi shells in their ear lobes are from Trobriand Island. In contrast, Sepik region people have cutting marks on their backs show strengths and power resembling the water spirit (crocodile) of the Sepik.

Value is refers to occasions or events or things like bride-price or purchases power of consumers' needs and wants in income or wealth allocation. Values and symbolisms promote national unity and identity, and artists drew symbols reflecting the nation's unique cultural and natural diversity and continuing traditions. Individuals identities was grounded in his or her kin group and rarely extended beyond the kin groups or of closed relatives and in-laws. While an individual may share a language and culture with tens of thousands

Lesson 5: Food Choices and Cultural Restrictions

Introduction



Welcome to Lesson 5. In the previous lesson you have learnt about cultures, symbols and values. In this lesson you will learn about food choices and cultural restrictions especially in rural villages as more and more people have been educated and leaving homes and going into towns and cities to live and work. The modern lifestyle has attracted many people into the urban areas for employment and better life for themselves and their families.



Aim:

Your aim should be to:

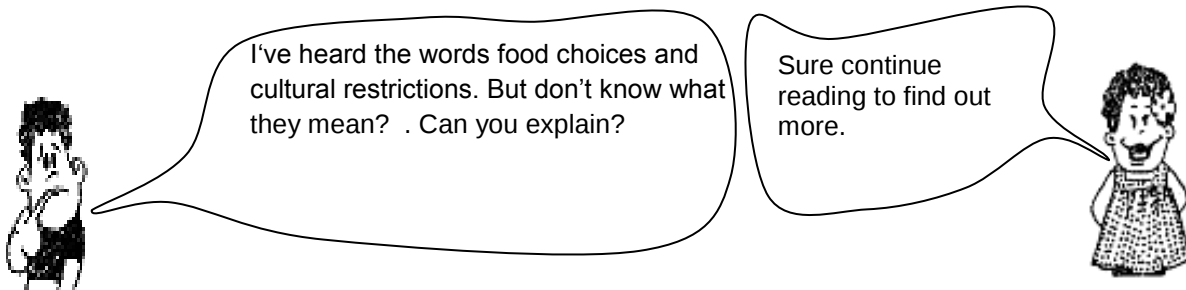
- Identify how cultural restrictions determine food choices,
- Identify cultural restrictions on certain food.
- Explain how cultural restrictions (food taboos) influence food choices.

What are Food Choices and Cultural Restrictions?

Food choices are decisions or choices that made toward certain foods in relation as to how much that people want to have in families or individuals. Food choices also determined by riches or wealth of people or class of people as more and people have been educated with class system rapidly emerging in Papua New Guinea. In the past, food choices not limited but opened and common as every would have had subsistence farming skills, hunting and fishing and gathering or collected wild nut and other greens. There are no castes and the economic inequality, however, cuts across ethnics and cultural boundaries. The common perception is that a country is divided into “elite” and “grassroots.” with grassroots including most villagers and low income earners in towns and elites being educated, higher income persons. “Coffee millionaires,” and other entrepreneurs. Social interaction is intense, as elites attend clan affaires and expect to open their homes to wantoks at an hour.

Cultural restrictions refer to beliefs or food taboos in certain food that people think and believe have either restricted for certain persons with certain status or older or because it is rare and hard to catch or to find so it not everyone can eat it. For example, Wild Fowl egg is restricted for older persons in many certain areas of Central province. As it is always hard to harvest in mount nests in the forests and certain rituals are to **be** rehearsed before they **are** out for researching and harvest. Python dinner is also

restricted to only very old people in some areas of PNG and the belief is that eating snake such as pythons and other snakes in the same family will give long-life. Believe it and eat it or don't believe it do not eat it. But most importantly respect and accept traditional rules and obligations responsibly.



Food choices refer to decisions or choices or liking of certain food. In the past our people in their traditional life have had no choices in what they ate as the customs in which food taboos restricted people as to what to eat and what not to eat. Traditional taboos on food was an important ritual practices in the investing in exchange events and ceremonial occasions guided by customary obligations and rules and roles and responsibilities. It was much easier to restrict certain food than today. As lifestyle changes with western influence and education our people are usually ignore our traditional food restriction taboos and have to eat as they wish resulting a lot of food related diseases and earlier death and have short life span that is unexpected with better life. But most importantly eat responsibly. Be well and live well. Cultural food choices and restrictions have gone other days and will not return to PNG. Better be not and it is possible and allow a huge task to recall and revive this most beautiful and trusted commodity once a basis of life of our ancestors of their time

What then are food taboos?

The food taboos are customary obligations or rules or rituals that people know and believe have restrictions on certain food. The males and females in their initiations were made aware of these food taboos and other important beliefs and myths that are connected to ideal adults and marriage. For example, in some parts Papua New Guinea certain food preparation is restricted certain persons. In New Guinea Islands, SPECIAL mumu called karamap is restricted certain to women to prepare and serve in feasting or other special ceremonial occasions.

In Abau and Rigo districts in Central Province, magicians or puripuri men do not eat or restricted by their by the rituals of these puripuriri or magic, nearly all sea foods. Restrictions of certain food in the practice of magic and seeking supernatural beings and their powers usually work very well for the magicians and puripuri men as they uphold

and keep the rituals of food taboos. Food choices of today, need to be considered seriously as more and more people are preferring have unhealthy food and unbalance diets resulting a lot of food related diseases. This is causing surprise short span of life for many young educated people at higher income class. Traditional food taboo is there for rural villagers and for people in towns and cities should take the advice of the doctors if they are to live well and healthier in their life.



Activity 5.1

Answer the questions below:

(a) Define the following **terms**:

(i) Good food choices,

(ii) Cultural restrictions

Check your answers at the end of the lesson before moving on to the next part of this lesson.

What is the difference between food choices and cultural restrictions?

The difference between food choices and cultural restrictions are that the food choices are what food people want to eat or deciding want to have for dinner or snacks. In the past, people did not have much choice, as customary food taboos were there before them so they were to uphold and keep the food taboos and rituals. The cultural restrictions are the obligations guided by rules and customs and their spiritual rituals that

each and every one must followed and performed as expected. These cultural restrictions as usual were unwritten laws of traditional life of people in the past. Most of the people at the time had born with it and lived with it and had much benefited and lived the most useful life. So “we may ask, whether we are much wiser than our ancestors who live 1000 years ago”?

Food choices and food taboos are vary and are often temporary, as with restrictions on pregnant women and initiates. Others are totemic, involving plants or animals that are symbolic of kin groups. Still others are relational; for example, a son-in-law may not consume food in the presence of his mother-in-law.

Food choices and cultural restrictions depend on age and education.

Villagers or older aged people produced their most of their own food, and many towns' people who are educated don't have their own gardens and rely on open-air markets for fruits and vegetables sold by village women. Food choices for younger people who work and live in towns and cities has been changing where many expensive restaurants with expensive food choices for elites and middle class with higher income earners. Their food choices are open wider for various foods in restaurants which the money can buy. Cultural restrictions on needs and wants depend on their income in expensive town life. Old people or villagers will usually consider their food choices and cultural restrictions more likely to apply to their lifestyle. Most villagers are not poor. Daily life is simple with few of the expenses of urban life. Villagers invest their cash income and traditional wealth in the social and political relations that maintain their place in village society.

Look at the table below to understand better the differences between food choices and cultural restrictions

Community	Good food choices	Cultural restrictions
	Yam	Wild fowl egg
	Taro	Certain fish
	Pig	Crocodile
	Fish	Clay pot dish preparation
	Fruits	Tolai mumu preparation
	Greens	Fast food

**Activity**

Activity 5.2 Answer the questions

1 What is the importance of people knowing their good food choices and cultural restrictions?

2 List the differences between good food choices and cultural restrictions in the table below:

	Good food choices	Cultural restrictions

3 Write a short paragraph to explain; “fast food” in own words.

Check your answers at the end of the lesson before moving on to the next part of this lesson.

Summary



You have come to the end of Lesson 5. In this lesson you have learnt that'

- People should know their good food choices and cultural restrictions that will help them to correctly make good food choices and uphold cultural restrictions,
- Food taboos refer to restrictions on certain food as required by traditional customs,
- Good food choices refer to selections of food or making right choices of food that are healthy and balanced diet,
- Cultural restrictions refer to taboos or temporary hold or not to do or not eaten,
- Knowing good food choices and cultural restrictions will help everyone to make right decisions on food choices and restrictions,
- The differences between good food choices and cultural restrictions is that good food choices are the food that of balance diet and good and healthy food. The cultural restrictions are the restrictions that are based on custom rituals and taboos stopping people from consuming certain food or stopping people from doing certain activities.

NOW DO PRACTICE EXERCISE 5 ON THE NEXT PAGE

Practice Exercise 5

1 What then is food taboo?

2 Write a paragraph explain the following:

- (i) Good food choices
- (ii) Cultural restrictions

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CHECK YOUR WORK ANSWERS ARE AT THE END OF LESSON 5

Answers to Lesson Activities

Answers to Lesson 5 Activities

Activity 5.1

- (i) Good food choices refer to food that is healthy and balance diet for body growth.
- (ii) Cultural restrictions refer to taboos or stopping certain food or action that are temporarily on hold or restricted for time being.

Activity 5.2 Answer the questions

1 People correctly make right decisions on good food that are healthy and balance diet as required by the health care rules and laws.

2 Sample Answer

Community	Good food choices	Cultural restrictions
	Yam	Wild fowl egg
	Taro	Certain fish
	Pig	Crocodile
	Fish	Clay pot dish preparation
	Fruits	Tolai mumu preparation
	Greens	Fat food

Answers to Practice Exercise 5

1 Food taboos refer to cultural restrictions on certain food on temporary basis during initiations or pregnant women

2 In the past, food taboos were used in rituals and many important traditional ceremonies to control food choices in temporary nature. Fasting and food taboos go in hand the initiation of male and female for adulthood and marriage, restrictions imposed during the rituals. In fact, food choices were controlled and everyone knew well what food they consumed daily and what not have in food uptake. Today, our lifestyle has been influenced by western culture where people are making their choices independently and eat as they wish as they have money to afford it and buy it. For fast food is most common food many educated people in towns and cities which is not good food choice. Good food choices are healthy food that contained three food groups; energy food, protein food and protective food. These food groups have the required nutrients that body needs to function well and stay healthy. This is a good food choice as it is a balanced diet that everyone should place in their food choice list.

The cultural restrictions or taboos were important customs that controlled and maintained good food choices for everyone in families and communities. Rituals and all the customary ceremonial occasions and celebrations involved food taboos as means of guided obligations against those who might cause trouble in especial occasions. Today, restrictions in food choices by health authorities that are to be practiced and used for their health but many times, these rules or restrictions fall into deaf ears and still many people consuming fast foods. Its better now, than later, as later never come.

SUB-STRAND 2

Lifestyle and Changes

Lifestyle

Types of lifestyles

Changes in Lifestyle

Adapting to Changes

Lifestyle and Diseases

Sub-strand 2 Introduction

Welcome to Sub-strand 2 of this book. This sub – strand is called Lifestyle and Changes.

There are five lessons.

In Lesson 1 You will learn about lifestyle.

In Lesson 2 You will learn about types of lifestyles.

In Lesson 3 You will learn about changes in lifestyle.

In Lesson 4 You will learn about adapting to changes.

In Lesson 5 You will learn about lifestyle and diseases.

After completing all the five lessons you will have a better understanding of Lifestyle and Changes.

We hope you enjoy studying this sub – strand.

Lesson 6: Lifestyle



Introduction

Welcome to Lesson 6. In the previous lesson you have learnt about good food choices and cultural restrictions especially in traditional societies of Papua New Guinea. In this lesson you will learn about lifestyle in both urban and rural communities especially young educated people who are living in towns and cities.



Aim: In this lesson your aim should be to:

- Identify different types of lifestyle,
- Identify which lifestyle is better,
Identify and list advantages and disadvantages of village and urban lifestyle

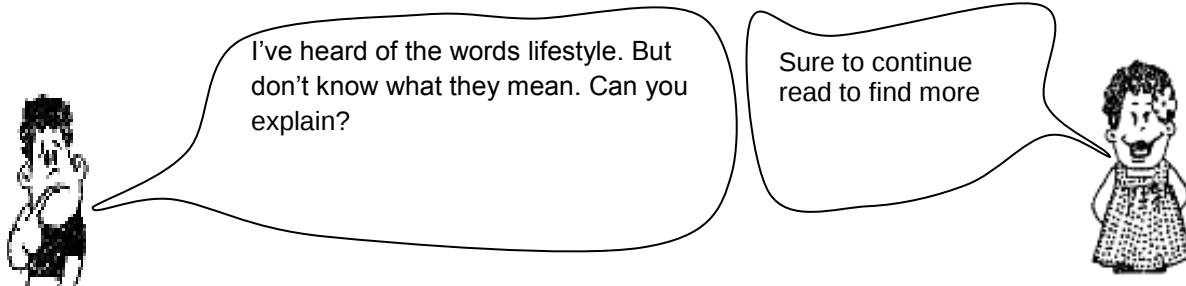
What is Lifestyle?

Lifestyle is a way of life of individuals or people, families and societies in which they lived in coping with their physical, psychological, social, and economic environments on a day to day basis.

Lifestyle is expressed in both work and leisure behaviours patterns and on an individual basis in activities, attitudes, interests, opinions, values, and allocations of income. It also reflects people's self-image or self- concept, the way they see themselves and believe they are seen by the others Lifestyle is compost of motivations, needs, and wants, and influenced by factors like culture, family, reference groups, and social class. Lifestyle in consumer point of view is an important factor in determining how they make their purchase decisions. This is where good food choices become vital as many people wrong food choices creating a lot of health problems.

Lifestyle in villages is simple and subsistence centres on horticulture, with men clearing forests and bush so that their wives can plant gardens and tend pigs. Some crops such as banana, sugar cane, and cash crops (such as coffee and cocoa0 are planted by men. while women often help pick cash crops, most of the income goes to men. Men build houses and fences, while women make grass skirt and net bags (bilums). Women do the daily cooking, while men butcher pigs for feasts. Both men and women look after small children, with a father tending his infant while the mother weeds her gardens. In towns, most women do domestic cores and child care while men at work. Women with jobs employ extended kin to do cores. In both towns and villages, men who do women's

work are stigmatized as “rubbish men.” Working women do not experience the same stigma, though they suffer prejudice and sexual harassment if they appear independent and assertive.



Lifestyle refers to way of life or class of life that individual may belong to it; and this will determine the purchasing power in consumer needs, attitudes, wants in their life in families and various societies. Life in PNG is divided into two. Elite and grassroots as more western influence have adopted by educated people with good professional employment in urban areas. Elites and middle class “vs” grassroots including villagers and low income earners in towns and cities. Elites have big houses and cars; some elites have more than one house as well as having more than one car. They go to expensive restaurants and their children having the benefits and attend IEA and other private schools. Even getting their kin groups do their domestic work and required jobs they usually have in their private businesses. Grassroots and villagers have a simple life and work on their land to make gardens to plant food crops as well as cash crops. They are not poor as they have enough food; yam, taro, tapioca, banana, pumpkin, watermelon, fruits, nuts, beans, wild greens, aibica and many more. To supplement these staple they hunt for pigs, birds, cassowary and others, fishing to catch their fish and other sea food. They have small expenses for trade stores to buy soap, sugar, tea, rice and salt tinned meat or fish.

What then is elite?

Elite is group of individual or people who well educated and has higher class professional careers and usually paid very salaries in their pay package. Many of them would be Chief Executive Officers of big multinational Co-operations or Companies. In Public Service the elites hold departmental head and most senior positions; other government agencies such PNG power and MRA have Chief executive officers and General Managers. Many of the elites also hold a lot of senior positions in private sector and amongst the richer Papua New Guineans.

They have big houses and having more than one car with very high class of life and at the current level they are getting richer and richer while the poor get poorer and poorer.

This class system of life is borrowed from western societies which fast emerging in PNG. The problem of these classes of people is that their life span is shorter than simple villager or grass root; but most importantly the western culture has influenced all Papua New Guineans having food related diseases, causing the life span in general is getting shorter and shorter than 40 years ago.



Activity

Activity 6.1 Answer the questions:

(a) Define the following

(i) Life

(ii) Style

What is the difference between life and style?

Life is a way an individual or person live, families (households), societies , which they survive to manifest in coping with their physical, psychological, social and economic environments on day to day basis. Life covers both work and leisure behaviour patterns on an individual basis in activities, attitudes, interests, opinions, values, and allocation of income.

Style of life is a composite of motivations, needs, and wants and influenced by factors such as culture, family, reference groups and social class. The analysis of consumer style of life called psychographics is an important factor in determining how consumers make their purchase decisions.

Life and Style depend on age and education

Most people especially young and well educated ones have been leaving their rural villages and moving into towns and cities seeking better employment and good life. Their higher education achievements and very good professional jobs making it very difficult return to their villages. Higher income provides them everything they need and want and also they are elites and undoubtedly want to life that is matching the expectations of elites. Having big houses and owned more than one car is the top of the world, and what's more in the village.

A simple, villager and older people still practicing their customs such working their land to plant food crops in their gardens in their subsistence life setting and are happy- they are not poor. They know their life is simple with small cash expense that does not worry them as they have plenty eat from their harvest from the gardens and meat from forests and fish from seas. Simple life but they live longer though, style of life they have is grass roots which is lower class in the class system of the western culture that PNG is fast adopting in the lifestyle of citizens of the country.

Now look at the table below to understand the difference between life and style better.

Community	Life	Style
	Elite	Expensive life
	Upper class	Higher level life
	Middle class	Just well of and good
	Commoners	Struggling most times
	Grass roots	Poor as they live in towns/cities
	villagers	Not poor with food/ poor with money



Activity

Activity 6.2 Answer the questions;

1 What is the importance of people knowing their lifestyle?

2 List the differences between life and style

Community	Life	Style

Check your answers at the end of the lesson before moving on to the next part of this lesson.

Summary



You have come to the end of Lesson 6. In this lesson you have learnt;

- People should know their lifestyle so that they behave accordingly and as expected,
- Elite is higher class professionals with very huge or large incomes level and excellent academic qualifications,
- Life is a way of living in individual, families, and societies which they survive in coping with day –to- day basis,
- Style is expressed in both work and leisure behaviour patterns in activities,
- Knowing life and style help people to understand their self-image better so that they behave accordingly and as expected,
- The difference between life and style is that the life is way of living and coping with day to day basis, while style is class at which one is in, such as higher or upper class with higher income and grass roots as poor.

NOW DO PRACTICE EXERCISE 6 ON THE NEXT PAGE

**Practice Exercise 6**

1 What then is elite?

2. Write a paragraph explaining the following:

(i) Life

{ii) Style

CHECK YOUR WORK ANSWERS ARE AT THE END OF LESSON 5
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Answers to Lesson Activities

Activity 6.1

(a) Define the following:

(i) Life is a way of living individual, families, and societies and coping with day-to-day-basis.

(ii) Style is class of living, such as higher or upper class with very huge income and the grass roots or poor.

Activity 6.2

(b) Sample Answer

Community	Life	Style
	Elite	Expensive life
	Upper class	Higher level of life
	Middle class	Just well of and good
	Commoner	Struggling most times
	Grass roots	Poor in town
	Villager	Not poor in food/but money

Lesson 7: Types of Lifestyle



Introduction

Welcome to Lesson 7. In the previous lesson you have learnt about lifestyle. In this lesson you will learn about types of lifestyle especially the lifestyle of elites of high status people who earn huge income from their executive positions. The grass roots and villagers are lower class people who have a simple lifestyle.

Aim:



- Identify different types of lifestyle
 - Identify which lifestyle is better
 - List the advantages and disadvantages of village and urban lifestyle
-

What are Types of Lifestyle?

The types of lifestyle refer to classes of life or category of people and their living standard in various societies especially the western cultures. PNG is fast adopting this culture where elite is one of the types and simple village life is the other. The types of lifestyle include the following:

- Upper class or elite with higher income and luxuries ,
- Middle class
- Commoner or ordinary people,
- Poor/ PNG grass roots and villagers
- Orphanage and disabled
- Refugees and asylum seekers

1.0 UPPER Class:

The people occupying the upper class category are usually elites who have been highly educated and hold very highly paid executive positions in either private sector or public sector. In Papua New Guinea, these types of people having to own very valuable assets in urban areas especially in towns and cities such as Port Moresby and Lae. They have big and luxurious houses in towns and cities and at the same time having more than one car in their possession. Their lifestyle has been is very expensive and superior but at the same time, there have been so much risks involved such as health problems, security, and enemies and the life span usually short.

2.0: MIDDLE CLASS:

The middle class people usually educated and have good jobs with satisfactory lifestyle in their families and households. Their children would also enjoy the benefits like the children of elites and will have the equal opportunities in education and health and sectors of the society. In certain situations, middle class people make their way up to upper class by commitment and hard work in professional careers. Types of lifestyle may change as time goes on and circumstances allowed it to happen.

3.0 Commoner/ordinary people:

Many of these people are those who actually missed out in formal system of education in various countries. In PNG much of these people are referred to as dropped out or missed fits in our formal education system which is undergoing huge change to correct this problem. But most importantly it is a worldwide problem which required smart politicians and public servants with strong support from private sector working close together focussing on quality education.

4.0 Poor/PNG Grass roots/villagers

These are the people who live in streets in towns and cities and don't have source of income so live by collecting rubbish or leftover food people throw away. They may be beggars on the streets or majority of them would be stealing from people or pick-pocketing in market areas or supper market. Most of these people have no education or very little education or no skill that could help them to find employments informal sector Very small number of these people find themselves in informal sector as street vendors. They are poor and hungry and need a lot of attention by the government of the day.

Village people are living a simple life in the various communities and they are not poor. They live by working on their land; planting food crops as well as cash crops such as coffee and cocoa. They have plenty to eat in their homes – pigs, fish, birds, shells, fruits, nuts, greens, aibica, banana, yam, potato, sugar cane, beans, pumpkin, melon and many more. They always have small expense that used to buy rice, sugar, tea. Soap and necessary needs.



Hi Peter. "Did you hear the words?
Types of lifestyle! Me I don't know what
they mean. Can you explain?"

You may find out
more from the library



Types refer to kinds or varieties of or groups and or classes. Sometimes, we may say, families and communities. As there are so many different types of families and so as the communities. And also, we have a lot of different types of people or races of people. In PNG there are a lot of different types of languages and customs that make us so unique in the world especially having 7000 cultures. So having that understanding we now can very correctly say that the word type in this case is class of people. For example, there is an elite class refer to as the upper class, middle class, ordinary people or commoner and lower class or grass roots. Village people are included in this category, thought they are not poor but the important thing is that they have good and simple life in their various societies. Lifestyle refers to having many things or do not have a lot of things you would want have in life. For example, richer get richer and richer while poor get poorer and poorer in our world today. In fact, very few people have large share of riches of our world and these are causes of many wars and enemies.

What do you think is the phrase “Rich get richer and richer and poor get poorer and poorer,” mean?

The rich get richer and richer and poor get poorer and poorer is an economic icon for the western world ; their world and it is fasting coming to Papua New Guinea’s world and if the leaders are not intelligence enough this world will become one world. One world hopefully not including these rich elites and if it is, the world will see an emerging one world that create destruction for 99.5% of the world population.

Rich people are actually upper class of people who greedily enjoying the wealth of this nation whilst majority (99%) of the population are missing out and really suffering with poverty and hunger out in streets of towns and cities. This type of lifestyle is not our forefather have had experienced in their life time in the past; it’s not the life ordinary people would always want to have as it is so discriminatory and not call for in country like PNG.

Poor people are the grass roots and villager people and other who have very low income earners and live in the settlements. Lifestyle of poor people in settlements is very hard so most turn into rascal activities to survive. To survive is to steal from people; rich or ordinary or poor as long as get what they want for the day.

Which lifestyle is better?

A simple lifestyle is better because you do not need to worry about someone tells you what to do or not to do every day. Village people have simple daily life with few of the expenses of urban life. Most villagers are not poor.

Lesson 8 Changes in lifestyle



Introduction

Welcome to Lesson 8. In the previous lesson you have learnt about Lifestyle. In this lesson you will learnt about changes in lifestyle especially towns and cities where most young people and work; there is evidence growing disparities in the lifestyle of elites versus grass roots and of the emergence of middle class.



Aim:

Your aim should be to:

- Identify changes in the physical, social and economic environment,
- Identify the effects of the physical, social, economic environmental changes on their lifestyle,
- Identify and describe physical changes such as pollution, waterways, logging, mining etc affects your or the community's lifestyle.

What are changes and lifestyle?

Changes are the physical, social and environment conditions that show differences in human body by growing big and fat or clean environment or polluted environment or damaged. Many changes have taken place in the way that people live. Instead of wearing traditional clothes every day, most people now wear modern clothes. Grass skirts, tapa clothe and leaves have replaced with cotton and polyester. People can make their own traditional clothes, but clothes bought in the store cost money and so must have cash in order to to be able to buy clothes for the family. Traditional clothes can be thrown away when they become old and dirty, but modern clothes need to be washed regularly so we need to buy washing powder.

We need to learn to wear clothes that are suitable for different occasions. When come to school or play in a sports team. We often wear a uniform so that people know which school or team we belong to. When we take part in traditional dancing, we should wear our traditional dress. With pride to show that we respect our culture. For example, changes that have occurred especially food from the store, where big choices of food can be made to buy them than before. People like many different type of food but they are expensive and small asking for many things.

Villagers produced most of their own food, and many town people don't plant and rely on open-air markets for fruits and vegetables sold by village women using kina for currency. Urban supermarkets import an array of expensive foods and other items. Most people rely on small trade store for rice, sugar, tea, and tinned fish, as well as soap, clothing, blankets, kerosene lanterns and matches.

Traditions in a changing society:

Traditions are still very strong In Papua New Guinea but changes are also taking place. One example is the way people communicate. In the highlands people, often separated by deep valleys but called from hilltop to hilltop. In this way a message could be passed easily passed over a long distance. In some places of the country, such as Sepik, the garamut or slit dram was used to send message to people outside the village. Many coastal people make a hole in the conch shell, which they then blew, in order to send a message. In many communities these methods of communication are still used but more modern methods have also been introduced, For example, postal services sends letters and parcels from one part of the country to another and also overseas. Radios and telephones are also an important method of communication in PNG. More recently computers, with email and mobile phones mean that people in some parts of the country are able to communicate immediately with people all over the world.

Bride price is also changing;

The changes in lifestyle also caused the bride – price to change in some parts of the country especially in coastal areas, people feel that the size or amount of bride-price payments placed on has become so large and that is more like competition between clans and villages than an important tradition that help to hold people together in a significant relationship. Some people may feel that bride-price has no relevance in a modern society, but all societies are changed with time and communication can still maintain the significant of bride-price.

Environment change in PNG

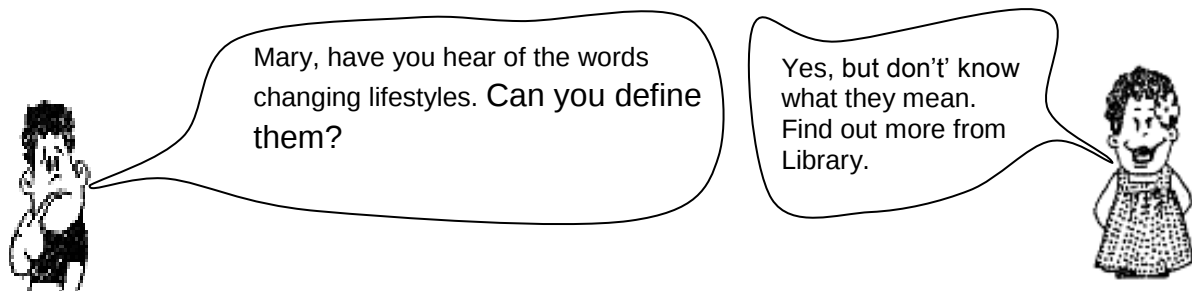
Because of many economic activities such as logging, mining and waterways our rich environmental resources and the beautiful habitats for many living things are being destroyed and many damages are evidence, to indicate these changes. In many parts of the world, rainforests are being rapidly destroyed, threatening traditional cultures and reducing the range of living things. In Papua New Guinea , forests are threatened by population growth, the growth of the cash economy and poor logging practices.

We cannot leave living things and their environment s to take care of themselves because of the very rapid increase in the human population and the effects of modern technology. Humans are the most powerful force on earth and have the ability to affect the plants and animals, the rivers, and the seas,. As we try to improve the quality of our lives, we are changing and sometimes destroying the systems of agriculture, the ways of using resources and traditional knowledge. We need to

understand that we can work with the environment to improve it, or we will damage it due to our short-sighted behaviour.

Lifestyle changes depend on technology and economy people

Food people eat today usually unhealthy because many buy food from fast food outlets and sometimes not these outlets are not clean and hygienic causing a lot of food related diseases to town's people. Because of the growth the cash economy the elites will continue to go to expensive hotels and motels to dinner out. This is not the traditional way of living resulting a lot people becoming fat and bulky built and looks that not normally implies healthy person. People are what they eat and undoubtedly look accordingly.



Changing in lifestyle refers to way of life or how people live now as it is compare it from the past years. Changes are taking place as the technology and cash economy grow with more money in circulation and the purchasing power determine the lifestyle of elites and the grass roots. Social lifestyle has also changed and people are socializing like white culture ranging from food, clothes, language, businesses, music, communications such as radio, mobile phones, computers, emails, face-book, and ipad, etc and etc. Traditional foods are not usually favoured by elites and interestingly grass roots are now, wanting to have rice and tinned fish on their food table than tapioca a tilapia. Very soon our traditional foods and all the customs will disappear as the rate the changes are taking place in PNG

What then is social lifestyle?

Social lifestyle is that usually involved talking and mixing with other people in the community and sporting activities, youths, churches, clan, politics, clubs, social drinking and dancing and peer groups. The social classes also are important social gathering groups such as RSL, Golf clubs, fishing clubs, girls guides, boys scouts,

men fellowship, women fellowship, Cultural shows and social nights. Social lifestyle is the most important part of better living standards where everyone enjoy and be part and partial of the wider society in the world.

The traditional lifestyle has lost most its social activities and obligations due to the western influence that has brainwashed the people especially the educated elites and other young people in PNG. But mostly the people are still socializing in various social groups that they are involved in their communities. Everyone should be encouraged to socialize in their different societies so that they are living responsibly and well.



Activity

Activity 8.1 Answer the questions

(a) Define the following:

(i) Changing:

(ii) Lifestyle:

(iii) Socializing:

Check your answers at the end of the lesson before moving on to the next part of this lesson.

What are some of the changing lifestyle in your community?

In some communities, there may be number of different changing of lifestyle; rich families, middle class of people who don't have the riches but would have just enough to live in a simple lifestyle in their villages or communities. Grassroots are usually found in towns and cities as they are commonly known, will be classed as poor group of people. They have the lower standard of living and always struggle to survive; and this hardship forced these people or grass roots to carry out criminal

activities in towns and cities. This is the poor type of lifestyle that anyone could wished to have but it is a reality of the situation today in PNG

Elites are in the upper class group of people who have the luxury of lifestyle and very expensive and has very high standard of living. These types of lifestyle are usually called “coffee millionaires” in Papua New Guinea today. In this generation of development The common perception is that a country is divided into two “elites and grass roots” with the grassroots including villagers and low- income earners in towns.

Changing in lifestyle depend on education and dropped out.

Education system in PNG, determine who moved on to elites with higher living standard and others who missed out and will become grassroots of the system. As higher education was a goal of many parents for their sons and the girls were not given priorities in early years because of caste system.

omary beliefs and obligations as expected. The urban jobs market was competitive, and some parents were not impressed with value of a high school or college education, knowing that education does not guarantee a job. Many school leavers and unemployed graduates cause trouble in towns and villages. Parents spend their education fees on only the brightest, mostly socially responsible children.

Now look at the table below to understand better the changing of lifestyle

Community	Changing	Lifestyle
	Food	Upper class/ elites
	Social	Middle class
	Environment	Grassroots/villagers/low in-come earners
	Education	Sex worker
	Communication	Unemployed youths



Activity

Activity 8.2 Answer the questions

1 Could you explain the importance of people knowing changing of lifestyle?

2 List types of lifestyle in the table provided below;

Community	Changing	Lifestyle

Check your answers at the end of the lesson before moving on to the next part of this lesson.

Summary



You have come to the end of Lesson 8. In this lesson you learnt that;

- Everyone should know the changing of lifestyle that they have and others in families and communities to help them in their lifestyle,
- Social lifestyle refers to socializing with other people in the communities or mixing with peer mates in certain group such as RSL or boys scout,
- Changing refers to conditions of physical, social, environment in relation lifestyle,
- Lifestyle refers to way of living or living class and or standard that may be simple life in the village; and the upper class elites who have luxury and expensive life.
- Knowing the changing lifestyle will people help families and communities to behave accordingly and responsibly,
- The difference between changing and lifestyle is that changing is an action or what is happening. Lifestyle is the way people live in various communities.

NOW DO THE PRACTICE EXERCISE S8 ON THE NEXT PAGE
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Practice Exercise 8

1. What then is social lifestyle?

2 Write a paragraph explain the following words:

(i) Changing

(ii) Lifestyle

DO YOUR WORK ON ANSWERS. ANSWERS AT THE END OF STRAND 8

Answers to Lesson Activities

Activity 8.1

- (i) Changing is the status or conditions of life and in its relationship to physical, social, environment and other actions.
- (ii) Lifestyle is way of life or class or standard of living such as upper class with high- lifestyle;

Activity 8.2

- (a) People will live well and behave accordingly and responsibly
- (b) Sample Answer

Community	Changing	Lifestyle
	Food	Upper class
	Social	Middle class
	Environment	Grassroots/Villagers/low in- come earners
	Education	Sex workers
	Communication	Unemployed youths

Practice Exercise 8

1. Socializing with other people and mixing with peer mate, or others, in social grouping, such as RSL or Boys Scout
2. The changing lifestyle has been in our eating habits especially fast food that, are unhealthy and contain a lot of sugar and salts. This is currently causing a lot of food related diseases affecting many young people. The changing of our dressing has also taking significant turned especially the women wearing long trousers which was not done in the past. Communication has radio, TV. Computers with email, mobile phone and face-book, Ipad and other modern communication technology Pollution in many river systems are the result of continued logging, mining and waterways usage.

The evidence is showing the slow emergence of classes. Economic inequality, however, cut across ethnic and cultural boundaries. The common perception is of a country divided into “elites” and “grassroots” with the grassroots including villagers and low- income earners in town and the elites being educated, higher in-come person, “coffee millionaires” and entrepreneurs. There is evidence of growing disparities in the lifestyle and opportunities of elites versus grassroots and of the emergence of a middle class. Most villagers are not poor. Daily life is simple with few of the expenses of urban life. Villagers invest their cash income and other wealth in the social and political relations that maintain their place in village society

Lesson 9: Adapting to Changes



Introduction

Welcome to Lesson 9. In the previous lesson you have learnt about the changing lifestyle. In this lesson you will learn about adapting to changes especially the emergence of middle class and there is evidence of the disparities in the lifestyle and opportunities of elites versus grassroots.



Aim: In this lesson your aim should be to:

- Identify ways to adapt to change in lifestyle,
- Identify factors that can influence adapting to changing lifestyles,
- List factors that can affect adapting to different lifestyle.

What is adapting to changes?

Adapting to changes refers to as, can be able to join in the new situation or will accept things that are new as to say to adapt it. Adapting to changes or situations sometimes resulted in negative way and therefore, it is best to consider all the available options before adapting new changes. Identifying the factors, that can influence adapting to changing lifestyle. As we are faced with the different lifestyle that we have to adapt and accept changes and at the same time, we have elites, middle class and grassroots who ideally see the changes differently from their perception or point of view. Usually it is not possible to adapt changes easily and, it is hard and will take time before these changes are effected in families and communities.

Reasons for changes in lifestyle are the arrival European missionaries, traders and government officials. For example, changes that occurred are:

- The missionaries taught religion so the teachings of the elders are seen as less important,
- The traders had things to sell for which people needed money, so planting of cash crops become a way of earning money,
- In order to earn money, people sometimes left their areas in order to work in plantations, public service and private sector.

Living towns and cities might seem attractive, but there are both positive and negative aspects of this choice; Table below illustrates this choice:

Advantages	Disadvantages
Greater variety of possible employment	No work may be available, or workers may need special skills
Many things to see and do	No land to grow food or land may have poor soil
Greater variety of people	Crime rate may be higher
Provisions of services as electricity and piped water	People money to buy food, goods and services
Greater variety of food available	Towns and cities may be over-crowded
Greater variety of shops available	Noisy
Different kind of entertainments, TV, dancing, Sports	Houses are expensive

The story of “Moale comes to town” in Student Book 2 illustrates a range of physical, economic and social changes taking place in different parts of her province as a result of a new Oil Palm Plantation , Logging, and Mining. Examples of these changes are shown in table below:

Physical changes	Economic changes	Social changes
Old coconut plantation cut down, oil palm planted	People paid royalties,(but not as much as they expect	More traffic accidents
Previously clean river now muddy,	Village people earning money selling fruits and vegetables	Children caught stealing
Large trees being cut down-changing the environment	Men spending money on drinking	Men drink more and women feel less safe
New roads built	Greater choice of goods to buy	More jobs but for people with skills
New market, hospital, department store, mine		Hospital short of equipment and staff- not improved health services



I've heard of the words adapting to changes.
But don't what they mean. Can you define them?



Adapting is accepting or willing to take it or new ideas are welcome by people, families and communities. Today, we have a lot of changes coming into the country and the government usually considered very carefully before given ok to people or companies who will bring these changes. Adapting changes refer to new things or activities that are allowed to come into the country or families or communities. As we have seen from the two illustrations the changes bring advantages and disadvantages into country or people in families and various societies. Ideally, we should not hurriedly accept changes but much thought must put into any change the government or community might like to introduce and adapt. Be wise and be well before adapting new changes

What then is hurriedly accepts changes?

Hurriedly accepts changes refer to an action or behaviour that positively give a green light for changes into people, families and communities. Knowing that outcome of these changes do not necessarily bring goodies or good lifestyle as required but may bring an unexpected negative result.

So it is a common sense that all changes must be correctly screened and debated in various authorities before final decision could be made for the good of the people. The history tells us that many changes that have taken place in this country did not bring expected results but most importantly brought destructions after destructions and the Bougainville War was the most critical example in this country.

Good news of changes taking place in the area of special health concerns of women and children, including family planning, pregnancy, and childbirth, and nutrition and growth. Infant and child mortality rates have dropped, with the most recent figures showing 67 % of every one thousand infants dying before the age of twelve months, but women's nutritional needs are not as well met. In many areas, women and girls are significantly fed less than men and boys, resulting in weight loss, anemia, Osteoporosis, and greater susceptibilities to hill ness. Aids, gonorrhoea, and syphilis are spreading. Urban use of alcohol, tobacco, sugar, and fatty foods has resulted in increased rates of disease. This a good example of changes that had been adapting and had given very good outcome so it is possible to continue to consider adapting such changes into our country.



Activities

Activity 9.1: Answer the questions:

(a) Define the following:

(i) Adapting:

(ii) Changes:

Check your answers at the end of the lesson before moving on to the next part of this lesson.

Adapting changes refer to an action or behaviour required positive response to accept changes in, social, physical and economic. Support for the Arts: In 1972, the government established the Creative Art Centre (CAC) to train and support individuals, staged exhibitions, and commission work for national and private projects. In 1976, the CAC became the National Arts School. After independence, the government supported the arts to promote a national culture. The completion of the parliament building in 1984 marked the Apex of national artistic culture.

Summary



You have come to the end of Lesson 9. In this lesson you have learnt that;

- People should know the importance about adapting to changes that will help them in accepting new changes,
- Hurriedly accepting changes refer to not carefully considering facts before accepting new changes or projects,
- Adapting is an action or behaviour saying yes or green lights for changes,
- Changes are the things or ideas that are soon be introduced or made in social, physical and economic,
- Knowing facts before accepting or adapting any changes,
- The difference between adapting and changes are that adapting is an action or behaviour giving ok for change, Changes are things that are likely to be introduced or be made,

NOW DO PRACTISE EXERCISE 9 ON THE NEXT PAGE.

Practice Exercise 9

1. State the effective ways to adapt to change in lifestyle:

2 Write a paragraph explaining the following:

(i) Adapting

(ii) Changes

CHECK YOUR WORK. ANSWERS AT THE END OF THE LESSON 9.

Answers to Lesson Activities

Activity 9.1

- (i) Adapting is an action or behaviour indicating or giving ok or green light new activity or change,
- (ii) Changes are things that are required to be introduced or allowed to happen as a new change.

Activity 9.2

- (a) Accepting changes without carefully and thorough consideration before okay is given or changed is allowed to come.

- (b) Sample Answer

Community	Adapting	Changes
	Mission	Education/Health are better
	Traders	Employment
	Government	Money to buy things from shops
	Education	More trucks/care on road
	Health	Communication/ Mobile phone/emails/ Computers

Practice Exercise 9

1. State effective ways to adapt changes in lifestyle is to find out about the new changes that are to be adapted and thorough and carefully considerations are made on advantages and disadvantages of the changes.
2. Adapting to changes usually done in isolation with required rules and laws and so often may fail if it is a new project or idea. Adapting to change that is already there might seem easier to adapt for change. For example, Provinces where oil palm is growing had seen a lot of major changes and having to adapt to those changes are fare and logically easier as the project ides were introduced many years ago and the people have seen the results of these changes. Again, Education curriculum has been going through a major change that is again adaptable because it is permanent key factor for everyone in the country. Free health service and care are also an area which people are able to adapt and accept changes that the government wants to do in a national level as well as at the provincial levels. But most importantly, the changes are to be made and everyone need to cooperate to take it and to adapt it- be well about it.

Lesson 10: Lifestyle and Diseases



Introduction

Welcome to Lesson 10. In the previous lesson you have learnt about adapting to change. In this lesson you will learn about lifestyle and diseases especially changes of life from traditional ways to modern western influence that most educated elites and emerging middle class group of people. Most importantly lifestyle and diseases are common in both in towns and in rural villages.



Your Aims:

- Identify different lifestyle diseases,
- Identify how lifestyle diseases affect other aspects of life,
- Describe how these lifestyle diseases affects people's normal life

What are the Difference Between Lifestyle and Diseases?

Lifestyle is a way of life or class of life which include upper class and is made up of elites, middle class and low-income earner or grassroots/villagers in Papua New Guinea. Recent evidence has suggested that there is slow emergence of classes of life in PNG. Economic inequality, however, cuts across ethnic and cultural boundaries. Common perception is of a country divided into “elites” and “grassroots” with grassroots including most villagers and low-income earners in towns and the elites being educated, higher in-come person.

There is evidence of growing disparities in the lifestyles and opportunities of elites versus grassroots and of the emergence of a middle class. Most villagers are not poor. Their daily life is simple with few of the expenses of urban life. Healthy lifestyle means that everyone must live in clean environment, have healthy diet and have good personal hygiene. Be well and live good.

Diseases are the body conditions or sign of sickness in our bodies. So the lifestyle diseases are the result of improper or inadequate diet and good nutritional habit can prevent certain diseases.

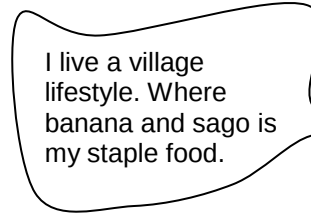
The following are some of the lifestyle diseases;

- Heart disease,
- Cancer.
- Deficiency disease,
- Obesity
- Diabetes

- Stroke
- High blood pressure
- Gall bladder disease
- Osteoarthritis or excess weight



What sort of lifestyle do you live?
I live traditional lifestyle where
kaukau is my staple food.



I live a village
lifestyle. Where
banana and sago is
my staple food.

Lifestyle diseases refer to sickness or poor body conditions related to lifestyle; meaning a way of life that usually cause lifestyle diseases. For example, elites of upper class and higher-income person are likely to get lifestyle diseases such as heart burnt or diabetes and stroke as they would go out to dine in very expensive restaurant s with very foods may contained high saturated fats and sugar. Fast food or snacking food, usually are chunks and unhealthy food that likely to cause lifestyle diseases to higher in-come persons than the grassroots or villagers. Low-income persons always eat less and most become malnourish and get malnutrition not eating the amount and type of food that is needed to be healthy. Marasmus or starvation disease is caused by eating too little food of any kind so they are underweight and look very thin (“skin and bone”).

What then is lifestyle disease?

Snack and fast food or chunk food that people eat between meals time must not be taken regularly and should be consumed with limited. These types of food contained a lot of salt and sugar as well as saturated fats, which is bad for the live hearts. Many people today go to fast shops and buy lamb flaps along with banana or sweet potato to supplement the other nutrients that the body need s. Eating lamb flaps regularly can lead to obesity and can affect your health because they are very high in saturated fats.

Lifestyle diseases can be avoided if everyone takes care of themselves in families and their communities. If you want to eat sweet things eat coconut and sugarcane as they are good for strengthening the teeth. But mostly importantly to eat fruits, nuts and fruit juice diluted with water.

Activity 10.1: Answer the questions:

(a) Define the following:

(i) Lifestyle

(ii) Diseases

Check your answers at the end of the lesson before moving on to the next part of this lesson.

What is difference between lifestyle and diseases?

The difference between lifestyle and diseases are that lifestyle way people choose to live their lives, which varies from place to place and time to time. The lifestyle is also determine by the classes of people classifies as upper class or elites or middle class and grassroots and low in-come persons. Villagers are classified into grassroots category. The diseases are the body conditions or sickness of the body and scientists have found that heredity, environment and lifestyle all play a role in causing the disease. They have also know that good nutrition can help prevent certain kind of coronary disease. The doctors believe that certain foods contain certain substances that may help prevent some cancers in people. Such foods include broccoli, cabbage, carrots, cauliflower, fruits, spinach, whole-grain breads and cereals, and some sea foods. Lessening the intake of fats and increasing the intake of fibre may also help prevent some cancers from forming.

Lifestyle diseases depend on personal hygiene and healthy diet

In Papua New Guinea, food plays an important role in society. It is part of people's tradition and cultures. Food is treated with respect from time it is planted through to the time it is eaten. Everyone know that food is needed so that we can live and work. We must also understand that our health depend on the type and amount of food we eat every day. Healthy people eat good food. This food contains all the nutrients that our body needs to stay alive and allows us to work. Everybody needs nutrients,. Food contains nutrients that help our bodies to grow, give us energy , and protect us from diseases.

Hygiene is something that people to do in order to stay healthy, like washing regularly, having clean water, clean toilets, and have clean kitchen, proper rubbish

disposal, keeping food covered or in the refrigerator. So lifestyle diseases we can now say really depend on healthy diet and good personal hygiene. Most importantly keep well and live well and healthy.

Now look at the table below to understand the difference between lifestyle and diseases:

Community	Lifestyle	Diseases
	Elites- upper class	Malnutrition
	Middle class	Stroke
	Low-income persons	Diabetes
	Grassroots/ villagers	Cancers
	Unemployed youths	High blood pressure



Activity 10.2 Answer the questions:

(a) What is the importance of people knowing their lifestyle diseases?

(b) List the differences between lifestyle and diseases in the table provided

Community	Lifestyle	Diseases

Summary:



You have come the end of Lesson 10. In this lesson you have learnt that:

- People should their lifestyle diseases so that they are able to respect their life well and behaved and performed accordingly as respected,
- Snacking food refers to fast food that usually buy at the fast food shop for quick snacks,
- Lifestyle diseases caused by over-eating or eating too much of wrong food or eating too much saturated fats food with sugar.
- Diseases are caused by eating unhealthy foods or drinking too much alcohols but having less up-take good diet
- Knowing the lifestyle diseases will help people to eat responsibly and keep healthy.
- The difference between lifestyle and diseases is that the lifestyle is the ways people live or how people live and work. Diseases are the body conditions or sickness causing weakness in the bodies

NOW DO THE PRACTICE EXERCISE 10 ON THE NEXT PAGE

**Practice Exercise 10:**

1 Describe how these lifestyle diseases affect the people normal life, e.g. absent from work, marriage breakdown

2 Write a paragraph explain the following:

(i) Lifestyle

(ii) Diseases

WORK ON THE ANSWERS, ANSWERS AT THE END OF STRAND 3

Answers to the Activities

Activity 10.1

(a)

(i) Lifestyle is a way of life or the way people have chosen to live; depending their education. Elites being educated with higher in-come person n upper class. Low-income person with grassroots occupying lower class or grassroots class,

(ii) Diseases are poor body conditions or sickness and or illness that our bodies suffering from. Lifestyle diseases are caused by eating a lot of fats saturated food especially from fast food shops

Activity 10.2

(a) The importance of knowing the lifestyle diseases help people eat responsibly in their diet.

(b) Sample Answer

Community	Lifestyle	Diseases
	Elites/Upper class	Malnutrition
	Middle class	Stroke
	Low-in-come persons	Diabetes
	Grassroots	Cancer
	Unemployed youths	High blood pressure



Practice Exercise 10

1 Lifestyle diseases are usually caused by eating a lot of fast food and too much drinking alcohol and illegal drugs that make a lot of people addicted and sick resulting in staying away from work and losing jobs and break down marriages.

The lifestyle diseases are commonly caused by eaten at expensive restaurants and hotels as well as small fast foods outlets .Over-eating usually causing more harm than good as the nutrients uptake requirements as recommended by the department of Health are ignored by many well of people. Eating too much energy food and taking too much alcohol can contribute to all these lifestyle diseases and may result in death. Healthy people eat healthy food such as balanced diet meaning not over-eating in their food up-take in homes or eating out. Upper class of the elites and middle class must be careful in their food uptake and think about balancing diet more as times there may be temptation to take more of wrong foods. Best is to avoid to very rich foods and or chunks in the fast food shop. Most importantly eat responsibly.

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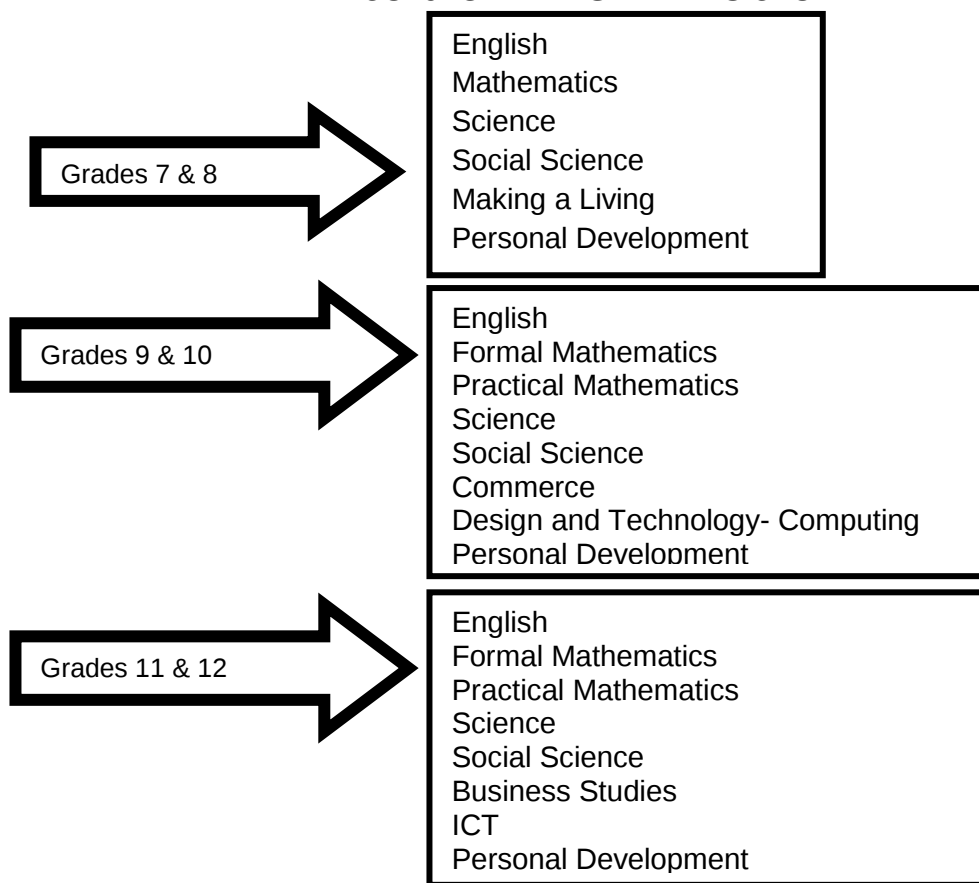
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SUBJECT AND GRADE TO STUDY



REMEMBER:

In each grade, you must study English, Formal Mathematics, Science and Social Science. Commerce and Practical Math are optional. Your Provincial Coordinator or Supervisor will give you more information regarding each subject.

CORE COURSES

Basic English
English 1
English 2
Basic Maths
Maths 1
Maths 2
History of Science & Technology

OPTIONAL COURSES

Science Streams: Biology
Chemistry, Physics and Social Science Streams:
Geography, Introduction to Economics and Asia and the Modern World

REMEMBER:

You must successfully complete 8 courses: 5 compulsory and 3 optional

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